

The Pennsylvania Resource Organization For Lactation Consultants

2020

Philadelphia Region: Breastfeeding Resource Directory

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Chapter 1 – Introduction and Statistics

Send corrections to: nikki.lee@phila.gov

*Thanks to Kay Hoover M.Ed., IBCLC, FILCA who continues to serve our community with love.
Thanks to members of the Philadelphia Region Breastfeeding Community who keep this directory current; including Colette Acker IBCLC, Rachel Gazda CD, IBCLC, Katja Pigur CLC, Denise Sobelewski CLC and Georgette Bartell, IBCLC.*

Breastfeeding Report Card 2018
Centers for Disease Control & Prevention
<https://www.cdc.gov/breastfeeding/data/reportcard.htm>

	U.S.	Pennsylvania
Initiation %	83,2	83.8%
Breastfeeding at 6 Months %	57.6	59.2%
Breastfeeding at 12 months %	35.9	39.0%
Exclusive Breastfeeding % at 3 Months	46.9	48.9%
Exclusive Breastfeeding % through 6 Months	24.9	25.6%
Breastfed infants supplemented with formula: before 2 days:	17.2%	14,4

Philadelphia Birthing Hospital Breastfeeding Initiation Rates 2016

Source: Pennsylvania Department of Health, Bureau of Family Health, Breastfeeding Awareness Program: "The information below is obtained from the question "Is infant being breastfed?" as reported on the Certificate of Live Birth."

<https://www.health.pa.gov/topics/Documents/Programs/Infant%20and%20Children%20Health/Breastfeeding%20by%20Hospital%202017%20Birth%20Data.pdf>

2017 average Initiation in Philadelphia Hospitals: 81.9%

PA Hospital of the University of Pennsylvania Health System: 99%
Hospital of the University of Pennsylvania 78%
Temple University Hospital: 65%
Albert Einstein Medical Center: 79%
Hahnemann University Hospital: 76%
Thomas Jefferson University Hospital: 77%
Children's Hospital of Philadelphia 99% (personal communication Diane Spatz PhD, FANN, RN)

2018 Average Duration in Philadelphia

57% at two months (any breastfeeding or feeding pumped milk)
Source: https://www.phila.gov/media/20200310093216/GrowingUpPhilly_March2020.pdf

mPINC scores for Pennsylvania and Philadelphia 2018 data are currently being analyzed.

Source: Breastfeeding Report Card 2016 <https://www.cdc.gov/breastfeeding/data/reportcard.htm>
Scores based on a scale of 0 to 100.

	2013	2015
Pennsylvania mPINC score	74	76
Philadelphia mPINC score	76	78

Chapter 2 -WIC Services and Offices

WIC = Women, Infants & Children Program

<http://www.northwic.org>

Main office: (215) 978-6100

<http://www.facebook.com/PhiladelphiaWICProgram>

<https://twitter.com/PhiladelphiaWIC>

Any mother interested in breastfeeding may be referred to a WIC office if she is pregnant or has children under 5 years old. WIC enrollment is based on the entire income in the household and the number of people in the family. Middle-income and poor families may be eligible.

WIC encourages breastfeeding women to breastfeed for at least one year, with the gradual introduction of iron-rich complementary foods start about 6 months and to continue for as long as mother and baby find the relationship mutually rewarding. Women who breastfeed exclusively are given a food package (for them and their baby) that is worth nearly \$2,000 in the 1st year.

Pennsylvania mandates that a new mom has only 2 options when she is certified into the program during her infant's first month:

- 1) Exclusive Breastfeeding
- 2) Non-breastfeeding. Her baby must be 1 month old to be certified as a Partially Breastfeeding mom.

Breastfeeding Peer Counselors at NORTH, Inc. are all Certified Lactation Counselors and each Philadelphia WIC office has a Lactation Counselor or Lactation Consultant available for breastfeeding support. To find your local WIC site and telephone number, see attached listings or go to <www.northwic.org/locations>. Call ahead to check when the counselor is available.

Multi-user, hospital-grade pumps are available to a mother whose infant is in a Philadelphia hospital for a prolonged period. These pumps are requested by the delivery hospital. To request a pump, she must be a WIC participant and place a \$25 deposit, \$20 of which is refunded upon pump return.

Double-sided electric pumps are given to women who work and/or attend school if they are active in the WIC program and are not receiving any formula. The mother must provide identification for herself, proof of her baby's birth, and a note from her employer or school counselor.

Electric breast pump rental available by calling Lisa Volpe: cell phone (215) 913-9199
(*This service is for infants hospitalized in a Philadelphia hospital whose mothers are committed to breastfeeding.*)

Coordinator of the Philadelphia WIC breastfeeding program:

Denise Sobolewski CLC
1300 West Lehigh Ave., Suite 104 Philadelphia, PA 19132
215-978-1600 X11
dsobolewski@northwic.org

Pennsylvania WIC, State Breastfeeding Coordinator:

Tiffany R. Myers, MS, RD, LDN, CLC
tiffanmyer@pa.gov
Public Health Nutrition Consultant | State Breastfeeding Coordinator
Bureau of Women, Infants and Children (WIC)
Pennsylvania Department of Health
625 Forster Street, 7th Floor West | Harrisburg, PA 17103
Phone: 717.783.1289 | Mobile Phone: 717.941.9206 | Fax: 717.705.0462
www.health.pa.gov

If a mother receives a pump of lesser quality than prescribed: If a woman is having an issue with a pump that was prescribed, she can review her notice of decision and file an appeal and/or call the member services representative at her Medical Assistance Managed Care Organization to discuss with them. Every WIC participant over the age of 1 receives a one-time \$20.00 to use during the season (June 1-Nov 30) at participating Farmer's Markets throughout the city.

Philadelphia area WIC Offices

Aramingo

2401 E. Tioga Avenue A-4
Philadelphia, PA 19134
(215) 533-9597, 9598

Germantown

301 East Cheltenham Avenue, Suite 102
Philadelphia, PA 19144
(215) 248-1500, 1501

Mobile WIC Office

1300 West Lehigh Ave., Suite 104
Philadelphia, PA 19132

North Philadelphia WIC Office

1300 West Lehigh Ave., Suite 104
Philadelphia, PA 19132
(215) 229-3786

Northeast

7959 Bustleton Avenue
Philadelphia, PA 19152
(215) 745-7251, 7252

Olney/Logan

5751 N. Broad Street
Philadelphia, PA 19141
(215) 927-1950

Overbrook

Overbrook Plaza store #1400
5610 Lancaster Avenue #1400
Philadelphia, PA 19131
Phone: (215) 477-3360, 3364

St. Chris WIC Office

160 East Erie Avenue
Philadelphia, PA 19144
(215)-427-6973

South Philadelphia

1165 S. Broad Street
Philadelphia, PA 19146
(215) 463-5571, 5579

Woodland

1739 S. 54th Street
Philadelphia, PA 19143
(215) 726-1142, 1143

Philadelphia WIC Breastfeeding Appreciation Fairs

Regularly occurring events: WIC now offers approximately one Breastfeeding Appreciation Fair each month to celebrate breastfeeding moms/families and those choosing to breastfeed. Call your local WIC office for details."

National WIC breastfeeding website: <https://wicbreastfeeding.fns.usda.gov/>

Chapter 3 - Breastfeeding Support Organizations

- a. Local, State and National
 - b. Support Groups by county and zip code
 - c. On-line
-

Volunteer, trained breastfeeding counselors provide encouragement and practical suggestions of a non-medical nature via telephone. Free monthly mothers' meetings.

Local, State and National Organizations

BRC Community Counselors

Serve Bucks, Montgomery and Philadelphia counties.

Warmline: 215-572-8044

<https://breastfeedingresourcecenter.org/brc-community-counselors/>

La Leche League (LLL)

www.llofeasternpa.org <http://www.llli.org> acl@llofeasternpa.org

Greater Philadelphia HELPLINE: (610) 666-0359 (9a to 9p)

LLLI Breastfeeding Helpline-US: 877-4-LA-LECHE (877-452-5324)

North Penn Nursing Mothers (NP) (Serve Harleysville and Lansdale, PA)

Hatfield, PA 19440 (610) 584-4013 Marilyn Boone

www.northpennnursingmothers.org

<https://www.facebook.com/NorthPennNursingMothers/>

Nursing Mothers' Alliance (NMA) (Serves Philadelphia Western Suburbs)

24/7 Warmline: (610) 251-9405

<http://www.NursingMothersAlliance.org> nursingmothersalliance@yahoo.com

https://www.facebook.com/pg/nursingmothers/about/?ref=page_internal

Pennsylvania Department of Health

Pennsylvania Department of Health Healthy Baby Line: 800-986-BABY or 800-986-2229; Monday through Friday from 8:30 a.m. to 5 p.m.

Trained personnel make referrals to local resources, and answer questions about breastfeeding.

Send updates to Pennsylvania Breastfeeding Resource Guide to:

Joseph Wagner | Public Health Program Administrator

Department of Health | Bureau of Family Health

Division of Newborn Screening and Genetics

josewagner@pa.gov

<https://www.health.pa.gov/topics/Documents/Programs/Infant%20and%20Children%20Health/Breastfeeding%20Referral%20Guide.pdf>

Mothers' Support Groups by County and Zip Code **Philadelphia County**

Albert Einstein Medical Center

Mothers support group meetings: every Tuesday 10am to noon

Paley Building, 3rd floor, Centering Room

Advocare Society Hill Pediatrics

1st and 3rd Thursdays 11:30-1 \$15

Drop-ins welcomed.

Register: (215) 545-8188

Beverly Viscusi CRNP, IBCLC

Breastfeeding Awareness and Empowerment (BAE)

Twice a month: 1/18, 2/1, 2/16, 3/1, 3/23, 4/12, 4/26,

Blackwell Regional Library

125 South 52nd Street, Philadelphia 19139

Contacts: Dr. Meg Kawan kawanmb@email.chop.edu

Jabina Coleman MSW, IBCLC Jabina.Coleman@gmail.com

LLL of Philadelphia

Assunta (Sue) Grobels
(215) 805-9461 suegrobels@gmail.com
<https://www.facebook.com/groups/lalechephilly/about/>

LLL of Eastern PA <http://www.llofeasternpa.org>

Philadelphia area Helpline: 610-666-0359 llofphilly@gmail.com

Center City Pediatrics

1740 South Street, Phila PA 19146 (215) 735-5600
\$20/person *Registration required at <http://www.centercitypediatrics.com/breastfeeding/>

Einstein Philadelphia

Lactation Line (215) 456-5751
Support group every Tuesday 10-noon
Paley Building, 1st floor conference room
FREE. No registration necessary.

Hospital of the University of Pennsylvania

Warmline: (215) 662-2361
Every Thursday of the month 12-2pm FREE for all mothers
Family Caregiver Center, Ravdin 1 Mezzanine

Karabots Pediatric Care Center, Children's Hospital of Philadelphia

(267) 425-9800
2nd and 4th Monday evenings of the month, 6-7 pm Contact Jessica at clymerj@email.chop.edu
4865 Market Street

Kith+ Kin

(215) 645-2196 info@kithkin-community.com
3060 W. Jefferson Street, Philadelphia 19121 (Brewerytown)
Breastfeeding group meets every Thursday at 1 pm

La Leche League of Philadelphia

<https://www.facebook.com/groups/284848551549523>

Lifecycle WomenCare and The Birth Center

Nikki Grahams (610) 525-6106
<http://www.lifecyclemomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-west-philadelphia/>
No need to RSVP
West Philadelphia: every other Wednesday 10am to noon, Studio 34 4522 Baltimore Avenue, Philadelphia
South Philadelphia: every other Wednesday 10 am to noon, Bok Building (1902 S.9th Street, Space 519)

Mama's Wellness Joint

(267) 519-9037 info@mamaswellnessjoint.com
<http://www.mamaswellnessjoint.com/schedule/> (Thursday)

Minnow Lane

(215) 291-1875 minnowlanephilly@gmail.com
2029 Frankford Avenue, Philadelphia, 19125 (Fishtown)
Classes, groups, and store

Nurse Family Partnership

The Latch Café Monthly Get-together 1080 N. Delaware Avenue, Philadelphia 19125 3rd floor
Every other Monday of the month 11 am to 12:30 pm

Pennsylvania Hospital Breastfeeding Support Group

(215) 829-5046 (For women who have delivered anywhere)
Every Monday 12:30 – 2pm (except federal holidays)
Solutions for Women
700 Spruce Street, Garfield Duncan Building, Suite B3, Philadelphia, 19107

Philadelphia Midwife Collective Breastfeeding Support Group

Tuesdays 12-1:30
270 W. Walnut Lane, 3rd Floor
Philadelphia, PA 19144
Stephanie Brown CLC Ten.Tenderlings@gmail.com

Thomas Jefferson University Hospital

215-955-6665 The Breastfeeding and Pumping Mothers Group
833 Chestnut Street, Suite 301 (small conference room)
Tuesdays at 12-1pm (except on legal holidays)
FREE. No registration necessary.

Philadelphia WIC Appreciation Days And Resource Fairs

RSVP phillywic@notrhwic.org

Philadelphia’s Breastfeeding Support Group

<https://www.facebook.com/groups/1500063156959138>

Philly Moms Do Breastfeed

<https://www.facebook.com/groups/921661394573708/>

Department of Public Health City Of Philadelphia

FREE Breastfeeding Help at Philadelphia Health Centers. New mothers sometimes need help learning how to breastfeed their new baby. Credentialed lactation counselors provide free, private, one-on-one support at the health centers below.

<p>Health Center 2 1700 South Broad Street, Unit 201 Tuesdays (1st, 3rd, 4th & 5th), 9 am – 1 pm Thursdays, 8 am – 12 pm</p> <p>Health Center 3 555 S. 43rd Street Wednesdays, 9 am – 2:30 pm Ta’Hirah Williams, IBCLC</p> <p>Health Center 4 4400 Haverford Avenue Mondays (2nd & 4th), 9 am – 12 pm Galissa Jones, CLC</p> <p>Health Center 5 1900 North 20th Street Mondays 9 am – 12 pm Ta’Hirah Williams, IBCLC</p> <p>Health Center 6 321 West Girard Avenue Tuesdays, 8:30 am – 11:30 am Ana Tapia, CBC (English and Spanish)</p>	<p>Health Center 9 131 East Cheltenham Avenue 1st and 3rd Thursdays, 9 am – 12 pm 3rd: Ta’Hirah Williams, IBCLC 1st : Galissa Jones, CLC</p> <p>Health Center 10 2230 Cottman Avenue Thursdays, 8:30 am – 11:30 am Ana Tapia, CBC (English and Spanish)</p> <p>Strawberry Mansion Health Center 2840 Dauphin Street Wednesdays, 8 am – 12 pm</p> <p>Congreso 216 West Somerset Street Mon., Wed., & Fri., 8:30 am – 5 pm Tuesdays & Thursdays, 1 pm – 5 pm Ana Tapia, CBC Bilingual family support group on the 3rd Wednesday</p>
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Want to find out more before you come to a health center? Call our counselors directly:

- Ana Tapia, CBC: (610) 203-9840 (Breastfeeding support in English and Spanish)
- Ta’Hirah Williams, IBCLC: (267) 506-4118
- Galissa Jones, CLC: (267) 474-3752

Bucks County

Doylestown Hospital Breastfeeding Mothers’ Group

Every Thursday 10-11am Conference Room J
Doylestown Hospital
215-345-2679 Contact Jean Krauss

Grand View Hospital

700 Lawn Avenue, Sellersville, PA 18960
(215) 453-4594 Phyllis Young www.gvh.org

North Penn Nursing Mothers
18915, 18, 24, 36, 58, 62, 64, 68
Marilynn Boone: (610) 584-4013

Lower Bucks LLL 19067
(215) 295-0933 Jeremi theasanamama@gmail.com

St. Mary's Medical Center
Every Tuesday 12:30-2
Parenting Resource Center
Free, no registration needed

Chester County

Chester County LLL <https://www.lllchestercounty.org/>
LEADERS: Shelly (484) 604-0880 kierkar@alumni.psu.edu
Kristina (610)-321-0419 kristina@pasqualefamily.com
Judy (610) 363-6206 japolley@verizon.net
Jill (484) 999-0848 jillmowry@gmail.com
Kara karaLLLWC@yahoo.com

Downingtown LLL Meetings: 4th Tuesday every month 7:30 pm
Pre-registration required (610) 363-6206

Exton/Lionville LLL Meetings: 2nd Wednesday monthly 7: 30 pm
Pre-registration required: (610) 363-6206

Kimberton LLL Meetings: 1st Tuesday every month 10 am
Centennial Evangelical Lutheran Church
1330 Hares Hill Road

West Chester LLL 4th Wednesday every month 9:30 am
Suite 302, 600 E. Marshall Street

www.facebook.com/pages/La-Leche-League-Groups-of-Chester-County-PA/198727686829068

Chester Springs

Groups meet at Paoli hospital and Hankin Library
(484) 565-8075 www.mainlinehealth.org/breastfeeding-mothers-groups
<https://www.mainlinehealth.org/specialties/lactation-and-breastfeeding>

Lifecycle WomenCare Phoenixville

Patty Siegrist (610) 525-6106
<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-phoenixville/>
Every other Friday 10am to noon. St. John's Lutheran Church, 355 St. John's Circle, Phoenixville
No need to RSVP

North Penn Nursing Mothers of Harleysville and Lansdale

Marilynne Boone: (610) 584-4013
<http://www.northpennnursingmothers.org/>
<https://www.facebook.com/NorthPennNursingMothers/>

Nursing Mothers' Alliance:

(610) 251-9405 nursingmothersalliance@yahoo.com
<http://nursingmothersalliance.org/>
Tuesdays 10 am Wegmans Café, Collegeville

Penn Medicine Chester County Hospital

(610) 738-2582
Groups meet at the hospital Mira Room
1st Saturday at 1 pm
3rd Monday at 11 am
<https://www.chestercountyhospital.org/community-wellness-and-education/support-groups-and-counseling/the-mommy-wellness-network/breastfeeding-mothers-support-group>

Phoenixville Hospital

Groups meet every 2nd Wednesday of the month 6:30 to 8:30 pm

Medical Office Building 3rd floor board room

<https://phoenixville.towerhealth.org/classes-events/search-results-detail/?eventId=739226be-f89e-e811-a2cb-001dd8b71cd7>

West Chester/Exton Area NMA

19341-42, 80, 82, 95

www.nursingmothersalliance.org

Call our Warmline: at (610) 251-9405

Email: nursingmothersalliance@yahoo.com

Weekly group meetings in Collegeville and King of Prussia

Delaware County

Greater Philadelphia Area LLLI Helpline: (610) 666-0359

Breastfeeding Mother's Group at Riddle Hospital

Tuesdays 12:00 noon-1:00 pm Health Care Center #4

The Rothman Institute Building 2nd Floor Conference Room

Free Parking in West Parking Garage, level 2.

There is a scale for weighing the baby

Tania Kirkpatrickm IBCLC, facilitator (484) 227-3252

Delaware County WIC

Kathy Tyrrell (484) 472-7022

For Chester, Springfield and Upper Darby

Haverford YMCA every Friday from 10-11am

open to all, 891 N. Eagle Rd, Havertown

Brooke Azevedo IBCLC

La Leche League in Media

www.llusa.org/web/DelCoMainLinePA.html

3rd Thursday at 10 am 327 N. Middletown Road, Media, PA 19063

610-892-9787 Barbara Crozier bcropet@hotmail.com

610-357-5376 Stephanie Leonetti Cedrone.stephanie@gmail.com

Facebook on-line meeting 1st Wed. 8 PM

Ask to join: La Leche League of Delaware County and the Main Line

Lifecycle WomenCare

Rosemont Plaza, 1062 E. Lancaster Ave, Room 20, Bryn Mawr, PA

Every other Thursday 9:30 – 12 pm

Patty Siegrist RN, IBCLC, facilitator (610) 525-6106

Nemours DuPont Pediatrics

Villanova

610-517-9552

Lisa Mandell MBA, IBCLC

789 E. Lancaster Avenue, Suite 10

Tuesdays (most) 2:30-4:00

Pettaway Pursuit: The Lactation Station

Every other Friday 1-2 pm

11 Owen Avenue Lansdowne PA 19050

Registration: 610-553-5479 or info@theppf.org

Montgomery County**Abington Jefferson Health**

Baby Talk meets 2 mornings a month in Willow Grove. Free

Mommies and Munchkins meets 1 evening a month in Willow Grove. Free

Register at: <https://www.abingtonhealth.org/services-specialties/womens-health/maternity/>

B4 Village

Latch & Learn with IBCLC Breast/Chestfeeding Group
319 W. Ridge Pike, Limerick, PA 19468
Thursdays 11 am
Scale available for weighted feeds

BRC Abington Support Group

1355 Old York Rd. Suite 301
Abington, PA 19001
Every Tuesday from 10 AM - 12 PM
First hour facilitated by an IBCLC
Free weight checks available.

BRC at KOP Support Group

987 Old Eagle School Rd.
Wayne, PA 19087
Every Wednesday from 10 AM - 12PM
First hour facilitated by an IBCLC
Free weight checks available

Bryn Mawr Hospital Breastfeeding Support Group

Call (484) 565-8075 or see website for dates for both groups
www.mainlinehealth.org/breastfeeding-mothers-group
Bryn Mawr Hospital, Conf Room F, 2nd floor, E wing, Thursdays 2-3 pm
Every other Saturday for currently working moms only: 11 am
Employee Education Classroom

Center City Pediatrics Bala Cynwyd

33 Rock Hill Rd, Ste 170
(610) 257-9000
Support group every other week alternating Wednesday and Thursday morning

Lansdale-North Wales NPNM

18915, 36. 194: 40, 46, 54
(215) 997-2706 Laura Mullins lamullins1@gmail.com

Lankenau Medical Center

(484) 565-8075
www.mainlinehealth.org/breastfeeding-mothers-groups

Lifecycle WomenCare and Birth Center – Rosemont and Phoenixville

Patty Siegrist (610) 525-6106 or (610)-525-6086
<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-rosemont/>

LLL of Central Montgomery County

<http://www.llofeasternpa.org/web/MontgomeryCentralPA.html>
www.facebook.com/pages/La-Leche-League-of-Central-Montgomery-County-Pennsylvania/184515870425
(610) 287-8190 Ginny ginnywilkinson00@gmail.com
(215) 380-0861 Leah leahjoypro@yahoo.com
(215)-873-6248 Elizabeth Bradley lizbradley.eb@gmail.com

Montgomery County East LLL

lllmontcoeast@gmail.com
<https://www.facebook.com/groups/189408902698/>
(215) 886-1693 Mary Ann Albert, Oreland bomaph1@comcast.net
(215)-771-1193 MyLisa Shipanga mylisamk@gmail.com
(267) 342-0329 Andy Mehrotra dandyhome@comcast.net
(617) 650-4436 Theresa

10- 11:30 am meetings every 1st Wednesday of the month
Weaver's Way Co-op, 217 E. Butler Avenue, Ambler
Evening meetings every 3rd Monday 7 pm at private homes

North Penn Nursing Mothers of Harleysville and Lansdale

<http://www.northpennnursingmothers.org/>

Call Marilyn at (610) 584-4013 for practical advice and encouragement.

Nursing Mothers Alliance

190:10, 35, 85, 87

193:01, 12, 33, 41, 42

194:01, 05, 06, 28

nursingmothersalliance@yahoo.com

(610) 251-9405

www.nursingmothersalliance.org

Tuesdays 10 am Wegman's Café (behind the Pub) Collegeville, PA

Wayne/Paoli NM NMA

19010, 19035, 19085, 19087, 19301, 12, 33, 19401, 05, 06, 19425 and 28, 19355, 19380

Warmline: (610) 251-9405

www.nursingmothersalliance.org

nursingmothersalliance@yahoo.com

Women's Resource Center

Free, Tuesdays 11:00 am-12:00 pm, IBCLC present, scale available

633 W. Germantown Pike, Suite 202

Plymouth Meeting, PA 19462

(484) 362-6133

<https://www.einstein.edu/obstetrics-and-gynecology/obstetrics/maternity-care-montgomery-county/womens-resource-center>

Online support

Philly Moms Do Breastfeed

A closed Facebook group

<https://www.facebook.com/groups/921661394573708/>

Anyone can join this group

<http://groups.google.com/group/pennsymoms?lnk=srq>

La Leche League Breastfeeding Support

<https://www.facebook.com/groups/LLI.Breastfeeding.Support/>

<http://normalizebreastfeeding.org/2016/11/philadelphia-pa-normalize-breastfeeding-tour/>

See FACEBOOK Section in Website Chapter

For Physicians: www.drmlk.org

Chapter 4 -Hospital and Birth Center Programs

Hospital-based lactation professionals assist mothers and babies when they are in the hospital. Hospital-based lactation professionals provide free service and counseling only for patients delivering at that hospital.

These Philadelphia hospitals are Baby-Friendly designated: Einstein Medical Center, Thomas Jefferson University Hospital, Pennsylvania Hospital, Hospital of the University of Pennsylvania, and Temple University Hospital. Children's Hospital of Philadelphia is designated a Keystone-10 facility, as are all BFHI hospitals

Philadelphia County

Lactation Line: (215) 456-5751
Jane Dougherty RN, IBCLC
Pager: 866-988-7098
3 permanent IBCLCs
Einstein Breastfeeding Center
(215) 456-6936
Rachel Gazda IBCLC
Einstein Medical Center Philadelphia
5501 Old York Road
Philadelphia, PA 19141

(215) 590-4442
4 IBCLCs on staff
Diane Spatz, PhD, RNC
Children's Hospital of Philadelphia
34th & Civic Center Blvd.
Philadelphia, PA 19104

Warmline: (215) 829-3644
(215) 829-5085
4 IBCLC permanent staff
4 IBCLC per diem
CBCs, CLCs, and IBCLCs as part of nursing staff
Pennsylvania Hospital
Outpatient Clinic:
Mon-Fri by appointment
All insurance and no insurance okay.
Solutions for Women
700 Spruce Street
Garfield Duncan Building, Suite B-3
Philadelphia, 19107
<https://www.pennmedicine.org/for-patients-and-visitors/penn-medicine-locations/pennsylvania-hospital/patient-and-visitor-information/solutions-for-women-boutique>

(215) 829-5046
Office visits available with an IBCLC and store open Monday-Friday 8:30-5 PM
Call to schedule appointment, open to anyone including those who did not deliver at Pennsylvania Hospital.
<https://www.pennmedicine.org/for-patients-and-visitors/penn-medicine-locations/pennsylvania-hospital/patient-and-visitor-information/solutions-for-women-boutique>

Warmline: (215) 662-2361
9 IBCLCs on staff
Hospital of the University of Pennsylvania
3400 Spruce St, Maternity
Philadelphia, PA 19104

(215) 955-6665
Helen Costa RN, IBCLC
1 CLC, 2 CBC, and 2 IBCLC
Thomas Jefferson University Hospital
1225 B Pavilion Building
117 South 11th Street
Philadelphia, PA 19107-4998

(215) 427-MILK
Deborah Sandrock, MD, IBCLC
Newborn & Breastfeeding Center
St. Christopher's Center for the Urban Child
160 E. Erie Avenue
Philadelphia, PA 19134

(215) 707-3778
Breastfeeding Resource Center IBCLCs
Temple University Hospital
3401 North Broad St.
Philadelphia, PA 19140

Bucks County

(215) 345-2972
Janice McPhelin, IBCLC
Doylestown Hospital
595 West State Street
Doylestown, PA 18901

(215) 453-4594
pyoung@gvh.org
Phyllis Young RN, ICCE, IBCLC
Grand View Hospital
700 Lawn Avenue
Sellersville, PA 18960

(215) 710-5988
1 CLC and 3 IBCLCs
St. Mary Medical Center
Langhorne-Newtown Road
Langhorne, PA 19047

Chester County

(610) 738-2582
4 IBCLCs
Penn Medicine Chester County Hospital
701 E. Marshall Street
West Chester, PA 19380

(484) 5658075
Donna Sinnott, BBA, IBCLC
Paoli Hospital
255 W. Lancaster Ave.
Paoli, PA 19301

Breastfeeding warmline:
(610) 983-1266
Cathlene Kandler, RN, BSN, IBCLC
Phoenixville Hospital
140 Nutt Road
Phoenixville, PA 19460

Delaware County

(610) 525-6106
Patty Siegrist, RN, IBCLC
LifeCycleWomenCare
918 County Line Road
Bryn Mawr, PA 19010

(484) 227-3252
Tara Kirkpatrick, BSN, RN, RNC-MNN, IBCLC
Riddle Hospital
1068 W. Baltimore Pike
Media, PA 19063

Lehigh County

(610) 402-7264
Jeanne Schevets RN, BSN, IBCLC
Lehigh Valley Hospital
Cedar Crest & I-78
Allentown, PA 18015

(610) 250-4332
Estelle Leopold RN, IBCLC, CCE
Easton Hospital
250 South 21st Street
Easton, PA 18042

(484) 526-2248
Cathy Waltemyer
Cathy.Waltemyer@sluhn.org
St. Luke's Bethlehem
801 Ostrum Street
Bethlehem, PA 18015

(610) 628-8698
Patti Hari RN, IBCLC
St. Luke's, Allentown
1736 Hamilton Street
Allentown, PA 1810

Montgomery County

(215) 481-6104 Warmline
Lesley McDonald, RN, BSN, IBCLC
4 IBCLCs on staff
Abington Memorial Hospital
1200 Old York Road
Abington, PA 19001

(494) 337-8241
Jillian Hatch, IBCLC
Bryn Mawr Hospital
130 S. Bryn Mawr Avenue
Bryn Mawr, PA 19010

(610) 525-6086
Lifecycle WomanCare and the Birth Center
Nikki Grahams, program director
4 lactation consultants
918 County Line Road
Bryn Mawr, PA 19010

Sue Bechhold, IBCLC
Lankenau Medical Center
100 East Lancaster Avenue
Wynnewood, PA 19096

(484) 622-2226
Einstein Medical Center Montgomery
559 West Germantown Pike
East Norriton PA, 19403

(215) 938-2968
Breastfeeding Resource Center
IBCLCs:
Holy Redeemer Hospital
1648 Huntingdon Pike
Meadowbrook, PA 19046

Chapter 5 - Community Lactation Consultant/Counselor Services (Free, sliding scale or fee-for-service)

IBCLC home visits (call the Case Manager to be certain):

- AETNA and Independence Blue Cross (Personal Choice, Keystone Health Plan East) have IBCLCs in their networks.
- United Healthcare may offer a GAP exception: as they have no in-network providers, they may grant a covered mother an exception to see an IBCLC.

Find a Certified Lactation Counselor, Advanced Lactation Consultant or Advanced Nurse Lactation Consultant: <http://www.talpp.org>

Find a local International Board-Certified Lactation Consultant: <https://pro-lc.org/find-an-lc/>

Abington Jefferson Health

Breastfeeding Support Services Outpatient office
(215) 481-6106
Christine Ilik RN, BSN, IBCLC

Breastfeeding Resource Center has 2 offices; Abington, PA (215) 886-243
King of Prussia, PA (484) 582-6682

A sliding scale is offered. www.breastfeedingresourcecenter.org

North Philadelphia Community Doula & Breastfeeding Programs

(free home-based or telephone breastfeeding education and support)
Maternity Care Coalition
Naima Black, Full Spectrum Doula, CLC
Desk: (215) 386-3806. Ext. 3804
nblack@maternitycarecoalition.org

Michelle Sutton, CLC

MSutton@maternitycarecoalition.org

3141 Germantown Avenue, REAR

(215) 850-6631

Prenatal Education and postpartum breastfeeding support by CLCs and Peer Counselors via phone and home visits.

AFTER 3/1/20: NEW ADDRESS: 3401 I Street, Philadelphia, 19134

Healthy Start/ Division of Maternal, Child, and Family Health/ Philadelphia Department of Public Health (free Health Center or Home support)

Ta'Hirah Williams IBCLC

Ta'hirah.williams@phila.gov Call or text: (267) 506-4118

Galissa Jones, CLC

Galissa.Jones@phila.gov Call or text: (267) 474-3752

Lifecycle WomanCare and The Birth Center

Lactation consultations are available Monday-Friday at both our Bryn Mawr location and our South Philadelphia satellite office (1214 Moore St). Call to schedule an appointment.

We accept most major insurance including Keystone First, Aetna Better Health, United Healthcare, Highmark, and many more. (Copays may apply.)

Call for more information 610-525-6086.

B4 Village – for Birth, Babies, Boobs & Beyond

319 W. Ridge Pike, Limerick, PA

www.b4village.org

(484) 854-3804

karen@b4village.org

Karen Meade, Rn, IBCLC, LCCE, CPST & Michelle Hudasko, IBCLC

IBCLC office visits available 7 days/week. In-network provider with Aetna, Independence Blue Cross, UPMC Health Plan and many other BC/BS plans. Generous sliding scale available for uninsured/underinsured clients.

PRO-LC LACTATION CONSULTANT LISTING - ALPHABETICAL BY LOCATION

LOCATION	NAME	AREA COVERED (for home visits)	CONTACT INFO	OFFICE OR HOME VISITS	OTHER SERVICES
Abington	Breastfeeding Resource Center Louisa Brandenburger IBCLC Liz Fullerton, IBCLC Jennifer McClure, IBCLC Milli Schaeffer, IBCLC Jennifer McClure,		Phone: (215) 886-2433 Website: www.BRC4Babies.com Facebook: Breastfeeding Resource Center Twitter: @brc4babies Instagram: breastfeeding_resource_center	Office Visits 1355 Old York Road Abington, 19001	<ul style="list-style-type: none"> • Breast pump rentals & sales • \$10 Weight checks • Scale rentals • Nursing bras, pillows, stools, & breastfeeding accessories • Support group meetings & parent classes • Aetna provider • Independence Blue Cross provider
Abington, Glenside	Andrea Bulera Judge, MPH, IBCLC	Eastern Montgomery County, Central Bucks, North/Northeast/Northwest Philadelphia	Phone: 215 266 1076 Email: lactation@andreajudgeibclc.com Website: www.andreajudgeibclc.com	Home visits only	<ul style="list-style-type: none"> • Aetna Provider • Independence Blue Cross Provider
Ambler, Glenside	Alessa Burke, BS, IBCLC	Ambler, Glenside, Dresher, Horsham, Abington and within 30 minutes of these areas.	Phone: 202 991 7284 Email: lactation@aleeshaburkeibclc.com Website: www.aleeshaburkelactation.com	Home Visits	<ul style="list-style-type: none"> • Aetna Provider • Independence Blue Cross provider
Berks	Michelle Hudasko, IBCLC	Berks County Chester County Montgomery County	Phone: 267 614 0169 Email: info@empowered-postpartum.com Website: www.empowered-postpartum.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross • Postpartum doula
Berks County	Vicky Sullivan, IBCLC	Berks and surrounding counties	Phone: (917) 742-2659 Email: vickysullivantlc@gmail.com https://vickysullivantlc.wixsite.com/vickysullivanthelact https://www.facebook.com/Victoria-Sullivan-IBCLC-Lactation-Consultant-1541729032795176/	Home Visits	<ul style="list-style-type: none"> • Independence Blue Cross provider
Bryn Mawr	Lifecycle WomanCare and the Birth Center Nikki Graham, CLE Patty Siegrist IBCLC Amy Siegrist, IBCLC Cara Puff, IBCLC Elizabeth Larkin, IBCLC		Phone: (610) 525-6106 Email: psiegrist@lifecyclewomancare.org Website: www.lifecyclewomancare.org	Office Visits 918 County Line Road Bryn Mawr 19010	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider • Other major insurance • Breastfeeding support groups in Phoenixville, Rosemont, West Phila • Breastfeeding classes for expectant couples
Bucks and Montgomery Counties	Margiotti & Kroll Pediatrics Suzi Garrett, IBCLC	Offices in Newtown, Trevose, Warrington, NE Philadelphia, & Horsham	Phone: (215) 346-6177 Email: sgarrett@mkpeds.com Website: http://www.mkpeds.com	Office Visits Week days and evenings **You do not have to be a patient of this practice for visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Bucks County/Levittown	Breastfeeding Helper PC Gail Dittes, IBCLC	Most of Bucks County, NE Philadelphia and Pars of NJ	Phone: 267-879-5000 Email: GailDittes@Breastfeedinghelper.com Website: www.BreastfeedingHelpers.com www.facebook.co/GailDittesRN	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider

Bucks County Warminster	Vera Khvedelidze, IBCLC at private practice, LL	Bucks County: Doylestown, Newtown, Northampton, Southampton, Warminster, Warwick. Montgomery County: Abington, Hatboro, Horsham, Lower Mereland. Philadelphia County: Northeast Philadelphia	Phone: 267 318 5115 Fax: 267 536 5038 Email: verakhvedelidze@gmail.com Website: www.alaconsult.com Facebook: @verakhvedelidzeibcl	Home visits	<ul style="list-style-type: none"> • Aetna provider • Speaks English, Georgian and Russian • MD (OB/GYN)
Bucks County Yarley	BabyCentric Concepts , LLC Christine Jaslar, RN, BSN, IBCLC Jennifer Peterman RN, BSN, IBCLC	Bucks and Mercer counties Camden Burlington County	Email: info@babycentricconcepts.com Website: www.babycentricconcepts.com Facebook: https://Facebook.com/BabyCentricConcepts.com	Home visits Tele-lactation visits for established patients	
Camden County and Collingswood, NJ	South Jersey Breastfeeding @The Village	Collingswood, NJ Camden County	Email: info@thevillagesi.com	Office Visits 915 Haddon Ave. Collingswood, NJ	Prenatal and Postpartum Wellness, Education and Support
Collegeville	Linda Muller, RN, BSN, IBCLC	Western Montgomery County and Main Line	Phone: 610 733 5966 Email: Linda.K.Muller@gmail.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Delaware County	Brooke Azevedo, BS, IBCLC	Delaware and Philadelphia Counties	Phone: (805) 709-1133 Email: brookeazevedo@gmail.com Website: https://www.brookeknowsbreast.com/	Office Visits Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Delaware County	Linda Derbyshire, BS, IBCLC	Center City, Main Line, Delaware County, Philadelphia	Phone: (610) 316-9157 Email: lindaderbyshire@gmail.com Website: www.centercitypediatrics.com	Office Visits Home Visits Tele-lactation visits	<ul style="list-style-type: none"> • Phone/skype consultations • Aetna provider • Independence Blue Cross provider
Delaware County	Christine Sweeney, BSN, IBCLC	Delaware County, Main Line	Phone: (610) 996-1543 Email: lactationaide@yahoo.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Doylestown, Upper Bucks	Best for Babies Jean Krauss, RN,BSN,IBCLC Cindy Jarret, RNC,IBCLC	Doylestown, Upper Bucks	Jean Krauss (215) 837-6664 jeanibcl@gmail.com Cindy Jarret (215) 534-3439 cjarret@hotmail.com	Home Visits	
Germantown, Philadelphia	Stephanie Brown, IBCLC	Philadelphia and surrounding area	Email: ten.tenderlings@gmail.com	Home Visits Office Visits: 270 W. Walnut Lane, 3 rd floor, 19144	Aetna and Independence Blue Cross provider. Offer sliding scale for Medicaid and the uninsured.
Havertown Villanova Delaware County	Lisa Mandell, MBA,IBCLC	Main Line, Delaware County, Philadelphia	Phone: (610) 517-9552 Email: lisa@lisamandell.com Website: www.lisamandell.com	Office Visits in Villanova	<ul style="list-style-type: none"> • Phone consultations • Weekly support group • Aetna provider • Independence Blue Cross provider
King of Prussia	Amy Siegrist, BS,IBCLC	10 mile radius from King of Prussia	Phone: (484) 919-1027 Email: amyibcl@gmail.com Website: www.breastfeedingbond.com	Office Visits 120 South Warner Road. Suite 107 King of Prussia, PA 19406 Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Lancaster	Jessica Wimer, BSN, RN, IBCLC	Lancaster and Chester Counties	Phone: 717-344-6496 Email: jwimer@bornandfed.com Website: www.bornandfed.com Instagram: https://www.instagram.com/bornandfed/	Home visits Phone consults	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Lancaster	Babyfusion, Bethany P. Landgraff, BSN, RNC-MNN, IBCLC	Lancaster	Phone: 717-471-2019 Email: bethany@Babyfusion.org	Home visits	<ul style="list-style-type: none"> • Aetna provider
Lehigh Valley	Blossom Baby Lehigh Valley Lactation Services Amy E. Nansteel, MA, IBCLC, RLC	Bucks County Montgomery County	Phone: (610) 737-9851 Email: amy@lehighvalleylactation.com Website: www.Lehighvalleylactation.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider

Media	Alison Neuhaus, MA,IBCLC	Delaware County, Main Line, West Chester, North eastern Delaware, Philadelphia (parts)	Phone: (610) 761-4974 Email: asneuhaus@verizon.net	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Montgomery County	Erica Diehl, MS, IBCLC	Limerick, Collegeville, Pottstown & surrounding areas	Phone: (215) 275-3603 Email: erica.l.diehl@hotmail.com Website: http://erica-ibclc.com	Home visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Montgomery County, Philadelphia	Colleen Elwood, RN IBCLC		Phone: 216 620 3597	Home visits	<ul style="list-style-type: none">
Montgomery County, Philadelphia County	Nikki Lee, RN, BSN, MS, Mother of 2, IBCLC, CCE, CIMI, ANLC, CKC, RYT	Philadelphia, Eastern Montgomery county	Email: nleeguitar@aol.com Website: www.nikkileehealth.com Twitter: @nikkileehealth Facebook: www.facebook.com/nikkileehealth Text: 215 888 0013	Home Visits Office Visits Telephone consults Video chats	<ul style="list-style-type: none"> Holistic Lactation Consultant Craniosacral Therapy Baby bodywork (infant massage and TummyTime!)
Montgomery County, Schwenksville	Karen Meade, RN, IBCLC	25 mile radius of 19473 (Schwenksville) and 19462 (Plymouth Meeting) zip codes	Email: kmeade70@gmail.com	Home visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Narberth	Gordana Chelsvig, IBCLC	Ardmore Bala Cynwyd Narberth	Phone: 610-667-18817	Home visits	<ul style="list-style-type: none"> Biodynamic Cranial Sacral Therapy
Newtown	Lucky Baby Lactation Services Michelle Farfel, MA, IBCLC Laura Sarantinoudis-Jones, BA, IBCLC	In PA: Newtown office and Lower Bucks County and In NJ: Mercer, Burlington, Ocean and Monmouth counties	Phone: Michelle Farfel: 732-977-6444 Email: Michelle@LuckyBabyLactation.com Phone: Laura Sarantinoudis-Jones: 732-439-7972 Email: Lauraj12383@yahoo.com Website: www.LuckyBabyLactation.com	Office Visits 121 Friends Lane, Suite 100 Newtown, PA 18940 Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider Amerihealth NJ provider
Paoli	Molly Zangrilli, IBCLC	Chester, Delaware, Montgomery, Bucks	Phone: (215) 205-2210 Email: molly@mollyzLC.com Website: www.mollyzLC.com	Home Visits	<ul style="list-style-type: none"> Independence Blue Cross provider
Philadelphia	Lisa Broderick, IBCLC,RLC	Philadelphia, South Jersey	Phone: (215) 407-1422 Email: lisa@blissedoutmamas.com Website: www.blissedoutmamas.com	Home Visits Tele-lactation Office Visits	<ul style="list-style-type: none"> Creator and sales of Blissful Nipple Balm Aetna provider
Philadelphia	The Children's Hospital of Philadelphia Rachelle Lessen, MS, RD, IBCLC		Phone: (215) 590-4442	Office Visits	<ul style="list-style-type: none"> Specialist in poor weight gain & allergies Registered dietitian providing guidance on maternal diet Medela pump & scale rentals
Philadelphia	Center City Pediatrics Breastfeeding Support Group Linda Derbyshire, BS, IBCLC		Phone: (215) 735-5600 And (610) 316-9157 Email: lindaderbyshire@gmail.com Website: www.centercitypediatrics.com	Office Visits Home Visits Tele-lactation You do not need to be a patient of the practice for visits or support group	<ul style="list-style-type: none"> Breastfeeding support group Aetna provider Independence Blue Cross provider
Philadelphia	Freedom to Feed Rachel Gazda, IBCLC, CD(DONA)	Philadelphia, Bucks, PA & Camden Counties, NJ	Phone: (267) 225-2383 Email: FreedomFeed@gmail.com Website: www.rachelgazda.com	Please contact or availability	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Philadelphia	Mom+Baby, LLC Rosalie Kmiec, IBCLC	Philadelphia	Phone: (610) 322-4932 Email: Rosalie@mombabyphila.com	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Philadelphia	Carol Tenneriello RN, IBCLC 7433 Sprague St.	Philadelphia County Montgomery County	Phone: (215) 248-0197 Email: milkyway4@verizon.net	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Philadelphia/ Greater Philadelphia Area	Breast Feeding Lactation & Feeding Consultation Rebecca A. Walker, BSN RN IBCLC	Philadelphia, Main Line, Delaware & Montgomery Counties	Phone: (717) 856-2705 Email: info@bestfeedinglc.com Website: http://www.bestfeedinglc.com	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider

Philadelphia	Philadelphia Lactation Kate Katz RN, IBCLC	Philadelphia, Delaware & Montgomery Counties, Main Line and Cherry Hill	Phone: 484-369-1020 Email: PhiladelphiaLactation@gmail.com www.Philalactation.com	Home visits Phone and webcam consultations	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Philadelphia	Kristen Kratz Lactation Care LLC Kristen Kratz, RN, IBCLC		Phone: 267-980-5679 Email: Kristen@kristenkratzlactationcare.com	Serving Bucks County, Philadelphia and Central NJ Home visits	Aetna and Blue Cross
Philadelphia	Solutions for Women		Phone: 215 829 5046 Website: Solutions for Women https://www.penmedicine.org/for-patients-andvisitors/penn-medicine-locations/pennsylvaniahospital/patient-and-visitor-information/solutionsfor-women-boutique	Only office visits. Call to schedule appointment, open to anyone including those who did not deliver at Pennsylvania Hospital.	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider • Medicaid accepted • will attempt to bill other insurance • Medela Symphony breast pump rentals • Scale rentals • Certified nursing bra fitters on staff • Maternity and post partum clothing, bras & breastfeeding accessories • Support group meetings Monday 12:30-2 • Childbirth, breastfeeding and infant care classes
Philadelphia	Nestled, LLC Alison Ahern, BSN, RN, IBCLC	Philadelphia, Main Line, Delaware County	Phone: 484-832-2515 Email: alison@nestledclose.com Website: Nestledclose.com	Home Visits Phone/video consults	<ul style="list-style-type: none"> • Aetna provider
Philadelphia	Lisa Knoflicek, MD, IBCLC	Philadelphia	Phone: 215-525-8600 Email: lknoflicek@fiaht.org www.fight.org/pediatrics	Office visits (for anyone) Center City Weekdays 9-5	<ul style="list-style-type: none"> • All major insurances, including Medicaid • Accept uninsured patients
Philadelphia	Gabriella Kim, RN, IBCLC	Philadelphia	Phone: 267 368 4291		
Philadelphia Mt Airy Germantown	Crescent Lactation Care, Katy Baker-Cohen, BSN, RN, IBCLC		Phone: 484 683 5771 Email: katy@crescentlactationcare.com Instagram @crescentlactationcare	Home visits	
South Philadelphia	Lifecycle WomanCare and The Birth Center Patty Siegrist, RN, IBCLC Amy Siegrist, IBCLC Cara Puff, IBCLC Elizabeth Larkin, IBCLC		Phone: 610 525 6086 Email: info@lifecyclewomancare.org Website: www.lifecyclewomancare.org	Office Visits 1214 Moore St. Philadelphia	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider • Other major insurance • Breastfeeding support groups in Phoenixville, Rosemont, West Phila • Breastfeeding classes for expectant couples
Philadelphia, South Jersey Camden County	Kara Thornton, BA, IBCLC	Burlington County Camden County Gloucester County	Phone: 856-248-0205 email: kara@vialacteanj.com website: www.vialacteanj.com	Home visits	
Phoenixville	Kristin Burns, BA, IBCLC	Berks County Chester County Delaware County Montgomery County	Phone: (267) 664-8648 Email: Kristin@bothbettertogether.com Website: www.bothbettertogether.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider • Amerihealth Provider
Pottstown	Janet Graczyk, BS, IBCLC	Berks County Chester County Montgomery County	Cell: (484) 808-7694 Email: janetibclc@gmail.com Website: www.janetgraczyk.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider
Pottstown	Mother 2 Mother Matters Angela Quinn BS, IBCLC	Northern Chester County, Western Montgomery County, Eastern Berks County, southern Lehigh County	Phone: (484) 857-2229 (BABY) Website: www.Mother2MotherMatters.com www.facebook.com/Mother2MotherMatters www.growingplacepa.com	Home Visits Office Visits at The Growing Place (Emmaus, PA)	<ul style="list-style-type: none"> • Aetna provider

Pottstown	Jillian Nemeth, BA, IBCLC	Berks County Chester County Montgomery County	Cell: (215) 528-8759 Email: jillian_nemeth@yahoo.com Website: www.inlactationconsulting.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross Provider
Plymouth Meeting	Einstein Lactation Services Alison S. Neuhaus, MA, IBCLC Christine Sweeney, RN, IBCLC		Phone: 484-362-6133 Email: perinatalclasses@einstein.edu	Office Visits: Women's Resource Center 633 W. Germantown Pike, Suite 202 Plymouth Meeting, PA 19462	<ul style="list-style-type: none"> • Prenatal classes, post partum groups, classes for families • Nursing bras, pumping supplies, breastfeeding accessories • Aetna Provider • Independence Blue Cross Provider
Reading	Cindy Griffis, RN, BSN, IBCLC, RLC	Berks and surrounding area	Phone: (610) 378-2068	St. Joseph Medical Center Bern Campus Outpatient Department	<ul style="list-style-type: none"> • Support group twice a month
Reading	Just Living Healthcare Miri Levi, FNP-BC, CNM, IBCLC	Berks, Montgomery, Lehigh, Bucks, Chester, Delaware, Lancaster, Lebanon, and Schuylkill counties	Phone: (484) 985-9719 Email: miri@justlivinghealthcare.com Website: www.justlivinghealthcare.com	Office Visits in Douglassville, PA. Home visits – see areas covered	<ul style="list-style-type: none"> • Accepts most health insurance • Breastfeeding classes • Family and women's health services
Souderton	Amazing Newborn Judy Crouthamel RNC, IBCLC	Bucks County Montgomery County	Phone: (610) 584-6111 Email: judy.crouthamelibclc@yahoo.com Website: www.amazingnewborn.com	Office Visits Home Visits	<ul style="list-style-type: none"> • Nursing clothing & bras sales • Aetna provider • Independence Blue Cross provider
Wayne	Breastfeeding Resource Center Colette Acker, IBCLC Caytlyn Welland, IBCLC		Phone: (484) 582-8662 Web: www.BRC4babies.com Facebook: Breastfeeding Resource Center Twitter: @brc4babies Instagram: breastfeeding_resource_center	Office Visits Home Visits	<ul style="list-style-type: none"> • Breast pump rentals & sales • Scale rentals • Nursing bras, pillows, stools & breastfeeding accessories • Support group meetings & parent classes • Aetna provider • Independence Blue Cross provider • Sliding scale for those whose insurance doesn't cover
West Chester	Amy Hnetinka, BSN, RN, IBCLC	Chester County, The Main Line and Northern Delaware	Phone: (484) 999-7729 Email: amyhbrestfeedinghelp@gmail.com Website: http://www.amyhbrestfeedinghelp.com	Home Visits	<ul style="list-style-type: none"> • Independence Blue Cross
West Chester	Angela Leonard, BA, IBCLC, RLC	Chester, Delaware & N. Wilmington, DE	Phone: (610) 299-8290 Email: angelaibclc@comcast.net	Home Visits	
West Chester	MotherBorn Dana L. Ehman, BA, IBCLC		Phone: 610-299-1038 Email: dana@motherborn.com Website: www.MotherBorn.com	Home visits Office Visits 790 East Market Street Suite 195 West Chester 19382	<ul style="list-style-type: none"> • Mother and baby products • Aetna provider • Independence Blue Cross provider • TummyTime! Educator
Wyndmoor	Liz Brooks, JD, IBCLC, FILCA	Montgomery & Philadelphia Counties	Phone: (215) 836-9088 Email: liz.brooks@yahoo.com	Home Visits	

Chapter 6 - Related Practitioners and Complementary Therapies

These are practitioners who have been found to be knowledgeable about and supportive of breastfeeding. Updates welcomed!: president@pro-lc.org

Pediatric Allergist:

Marc Cotler MD (610) 642-3884 (Wynnewood, PA)

Breast Surgeon:

Ari Brooks MC (215) 829-8461 (Philadelphia, PA)

Dahlia M. Sataloff MD (215) 829-8461
(speaks Yiddish and French) Philadelphia, PA 19146

Donna Angotti MD (215) 657-5786 (Abington, PA)

Marcia Boraas MD (215) 728-3001 (Philadelphia, PA)

Melissa Ann Lazar MD (215) 955-6999 (Philadelphia, PA)

Kara Friend MD (215) 254-2730 (Philadelphia, PA)

Julia Tchou MD (215) 615-5858 x3 (Philadelphia, PA)

Jennifer Sabol MD (610) 642-1908 (Wynnewood, PA)

Will evaluate and treat frenula:

Roshani Anandappa MD, FAAP (215) 545-8188 roshani@ix.netcom.com
Advocare Society Hill Pediatrics, Philadelphia 19107

Lyusya (Lucy) Badishyan DMD (215) 699-0650
North Wales, PA. <http://www.bestdentalcare.net/>

Paul Bahn, DMD Temple University Hospital www.infantlaserdentistry.com

Kathleen Bickel DMD Turnersville, NJ info@dayspringlaserdentistry.com
(856) 875-8400

Lisa Elden MD (610) 337-3232

Meg Kawan MD, IBCLC (609)641-0200

Michael Kremer MD (302) 655-6183 Wilmington, Delaware
David King MD

Ross Levine DMD (215) 860-9808 Yardley, PA

Daniel May MD (610) 594-6440 Exton, Pa

Lance Panarello DDS (484)498-2129
<http://www.pagreendentist.com/>

Louis Rafetto MD (302) 477-1800 Wilmington, Delaware

James Reilly MD (610) 557-4800
Nemours DuPont Pediatrics, Newtown Square, PA.

B. Davison Smith MD (610) 896-6800 ENT, Lankenau Hospital

Kai-Zu Chi, DMD, MD dr.chi@centercityoms.com
Center City Oral & Maxillofacial Surgery

Acupuncture/Aromatherapy/Herbalist/Homeopathy:

Linda Baker MD, CCH
Pediatrician, homeopath homeopathy1@yahoo.com
<https://www.lindabakermd.com/>

Jenny Corbin LAc 215-870-2211 Barefoot Doctor Community Acupuncture 19125

Cara Frank R. OM215-772-0770 <http://www.sixfishes.com> South Philadelphia

Ching-Yao Shi Dipl.OM/Lic. Acu <http://www.acupuncturephilly.com/>
Center City, Philadelphia

Adriane Dourte Ph.D, R.O.M.
Acupuncturist (484) 319-7700 Offices in Ephrata and Media
<http://acupuncturebyadriane.com/>

Ameet Ravital DiHom, PhD
Homeopath <http://www.ravitalhome.com/>
Philadelphia, PA 19130

Marlene Burk Acupuncture <http://www.marleneburk.com/>

Christine Golcher CLC, CCE, CD (215) 287-4915
Certified Aromatherapist and Herbalist <https://christinescareandcompassion.com/>

Infant Feeding Specialists (Infant feeding clinic, OT, CCC/SLP):

Thomas Jefferson University Rehabilitation Clinic
(1 to 2 month waiting list) (215) 955-1200

Early Intervention Goldstar Rehabilitation Sarah Dougherty MS, CCC-SLP
<http://goldstarrehab.com/overview.html>

Practitioners trained in Beckman Oral Motor Assessment
<https://www.beckmanoralmotor.com/directory/>
(type only the City into the search fields.)
Sarah Dougherty SLP sarahdougherty17@gmail.com Philadelphia
Jaclyn Polakoff SLP Jaclyn.polokoff@gmail.com Philadelphia
Nacona Davis, SLP nadavis2008@gmail.com Philadelphia

TheraPlay (Drexel Hill, West Chester, Hatboro) www.theraplayinc.com

Jolaine Baran SLP Paoli Hospital (484) 565-1063

Jaclyn Polakoff MS, CCC-SLP Center City Pediatrics
<https://centercitypediatrics.com/oral-motor-feeding-skills/>

Lauren Aronson Lagin, MS, CCC-SLP, CLC www.justspeechie.com
Home visits in Philadelphia and surrounding suburbs

Craniosacral therapists:

www.upledger.com click on "Find a Practitioner"

Christine Holefelder (610) 505-8946 <http://www.kindersage.com>

Ula Katsoulis (646) 645-5207 <http://stillpointholisticstudio.com/>

Nikki Lee (215) 888-0013 <http://www.nikkileehealth.com>

Carol Manno PT (215) 348-7775 <https://firststepspt.com/>

Karen Meade (484) 854-3804 www.b4village.org

Catherine Sliman (620) 299-0951 <http://www.integrativekids.com/>
Also does Myofascial Release

Trish Romano (610) 666-2385 <http://www.energeticsynergy.com>

Infant Massage Instructors:

<http://www.lovingtouch.com> click on "Find an instructor"
<http://www.infantmassageusa.org> click on "Educator Directory"

Dermatologists:

Barry Friter MD (215) 947-7500 Huntingdon Valley, PA <https://www.paderm.com/>

Paul Gross MD (215) 829-3576 Pennsylvania Hospital

Jonathan Winter MD (856) 589-3331 Sewell, NJ
<https://www.cooperhealth.org/doctors/jonathan-winter-md>

Michele Ziskind MD (610) 296-5801 Paoli, PA
<https://www.mainlinehealth.org/find-a-doctor/michele-ziskind>

Julia Cohen MD (610) 525.5028 Bryn Mawr, PA (treats blebs)

Pediatric Gastroenterologist:

Kevin Kelly MD (215) 293-8800 Willow Grove, PA 19090

Radiologist to Read Mammogram in Lactating Woman:

Barbara Cavanaugh, MD (215) 955-5400 Jefferson-Honickman Breast Imaging Center

Kimberly A. Kubek, MD (610) 356-9030 Newtown Square, PA 19073

Breast Thermogram:

Narberth Family Medicine <https://drandrewlipton.com/holistic-alternative-medical-services/alternative-medical-thermography/>

Natural Awakenings (Bucks/Montgomery) <https://www.nabuxmont.com/2013/08/12/220735/halteman-thermal-imaging>

The TDI & Health Through Awareness Mission <http://tdinj.com> (856) 596-5834

Chapter 7 - Medical Practices with lactation support staff/or that offer Breastfeeding Medicine

This list is of those currently known to the lactation consultant community. Contact nikki.lee@phila.gov to add more.

Allstar Pediatrics
400 N. Gordon Drive, Exton, PA 19341
(610) 363-1330

Ambler Pediatrics
602 S. Bethlehem Pike
Ambler, PA, 19002-5800
(214) 643-7771

Advocare Society Hill Pediatrics
834 Chestnut Street
Suite 306
Philadelphia, PA 19107

Cowpath Pediatrics
108 Cowpath Road, #1
Lansdale, PA 19446
(215) 855-1599

Brandywine Pediatrics
3521 Silverside Road, #1F,
Wilmington, DE 19810-4917
(302) 478-8854

Fairmont Pediatrics and Adolescent
Medicine
2000 Hamilton Street
Philadelphia PA 19130
(215) 774-1166

Center City Pediatrics
1740 South Street
Philadelphia PA 19146
(215) 735-5600

Philadelphia FIGHT Pediatrics
1207 Chestnut Street
Philadelphia, 19107
(215) 525-8600

Drexel Hill Pediatrics
5030 State Rd # 2-900,
Drexel Hill, PA 19026
(610) 623-9080

Society Hill Pediatrics
1233 Locust Street, Philadelphia 19107
(215) 545-8188

Jefferson Family Medicine Associates
833 Chestnut Street
Philadelphia, PA 19107
(215) 955-7190

St. Christopher's Center for the Urban
Child
160 E. Erie Avenue
Philadelphia PA 19134
(215) 427-MILK (6455)

Margiotti and Kroll Pediatrics, P.C.
<http://www.mkpeds.com>
3 offices (Newtown,
Trevose, Warrington)
Lactation Services Voice Mail
(215) 346-6177

Chapter 8 - Business Case for Breastfeeding Assistance

These are lactation professionals who can assist businesses to develop corporate lactation programs.

- Advice on breast pump equipment and resources for employed breastfeeding women
- Provide training for supervisors and staff,
- Consult on breastfeeding-related pages of a company website,
- Teach on-site prenatal and postpartum classes,
- Provide back-to-work consultation for employees returning to work,
- Lead a postpartum breastfeeding employees' support group

Colette Acker IBCLC
(215) 886-2433
Colette@brc4babies.com
Abington, PA 19001

Lisa Broderick-Cohen BFA, IBCLC
Moorestown, NJ, 08057
(215) 407-1422
lisa@blissedoutmamas.com

Elizabeth Brooks JD, IBCLC, FILCA
Wyndmoor, PA, 19038
(215) 836-9088
liz.brooks@yahoo.com

Constance Gleckler IBCLC
Cherry Hill, NJ, 08034
(856) 795-8554

Linda Derbyshire BS, IBCLC
Havertown, PA 19083
(610) 316-9157
lindaderby@verizon.net

Karen Kurtz BSOT, IBCLC
Turnersville, NJ, 08012
(856) 448-4666
karen@breastfeedingsuccessNJ.com

Lisa Mandell MBA, IBCLC
Havertown, PA, 19083
(610) 517-9552
lisa@best4both.com

Katja Pigur, M.Ed., CLC
Senior Director of Programs and Business Development
Maternity Care Coalition
Philadelphia, PA 19130
(215) 989-3564
kpigur@maternitycarecoalition.org

Services offered:

- 1) Breastfeeding Friendly Employer Certificate Program
- 2) Breastfeeding Friendly Business Decal Program
- 3) Event Lactation Support Services

Janice McPhelin BS, IBCLC
Abington, PA
(215) 886-2433
Janice@BRC4babies.com

Chapter 9 - Breastfeeding Classes

Classes are open to anyone, no matter where the baby will be born. Fees vary depending on the institution and the client's insurance carrier. The Basic Breastfeeding class is for prenatal women; the Working Mother classes are for prenatal or postpartum women. Support people are welcome.

Philadelphia County

Department of Obstetrics and Gynecology
Einstein Medical Center Philadelphia
5501 Old York Road
Philadelphia, PA 19141

Register with: Kadja Desir, Administrative Coordinator desikadj@einstein.edu
(215) 456-8305

Prenatal childbirth class offered: a one day class on a Saturday/ . Breastfeeding incorporated into this class. Private insurance pay \$95. Other insurances billed directly. Medicaid/State insure covers the fee. Centering Pregnancy classes offered include breastfeeding.

Sue Stabene
Hospital of the University of Pennsylvania
3400 Spruce Street
Philadelphia, PA 19104
(215) 662-3243
1-800-789-PENN

Six week preparing for childbirth course includes breastfeeding education.

Pennsylvania Hospital
800 Spruce Street, Philadelphia, PA 19107
<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/obstetrics/general-obstetric-services/childbirth-classes#tab-1>

Prenatal breastfeeding class presented monthly (\$35; FREE for those on MA) ; back to work classes. (\$30).

Temple University Hospital
FREE Prenatal Breastfeeding class
3rd Wednesday of every month. 6pm to 8 pm.
Temple University Hospital Basement, Classroom A.
REGISTER: (215) 707-3065

Megan Kelly Parent Education Clinical Nurse Specialist
Thomas Jefferson University Hospital
111 South 11th Street
Philadelphia, PA 19107
2 monthly evening classes 6-8 pm
1 lunch time class monthly 12-1pm
See schedule at: <https://hospitals.jefferson.edu/calendar-of-events/event-search-results.html?q=maternity&category=&datestart=&dateend=&start=0>

Bucks County

Doylestown Hospital
595 West State Street
Doylestown, PA 18901
(215) 345-2121

Breastfeeding, new mothers, and childbirth classes. Register by phone or at:

<https://www.doylestownhealth.org/classes-and-events>

There is a fee for the class.

Grand View Hospital
700 Lawn Avenue
Sellersville, PA 18960
(215) 453-4100

For schedule, costs and registration, visit: <https://www.gvh.org/classes/>

St. Mary Medical Center
Langhorne-Newtown Road
Langhorne, PA 19047
(215) 710-6667
Breastfeeding class \$25
3rd Tuesdays 7pm to 9pm
<http://www.stmaryhealthcare.org>
<http://amazingnewborn.com/services/>
(610) 584-6111
Private classes: \$150. 2 support persons allowed.
Judy Crouthamel, RNC, BSN, IBCLC
Souderton, PA.

Chester County

Penn Medicine Chester County Hospital
701 East Marshall Street
West Chester, PA 19380
(610) 738-2300
Prenatal breastfeeding. \$40/couple
Offered twice monthly: weeknight and Saturday
Pumping and Returning to work: \$25/couple
Offered every other month weeknight
Register at: <https://www.chestercountyhospital.org/community-wellness-and-education/educational-classes-and-materials/childbirth-education/prenatal-breastfeeding>

Paoli Hospital
255 W. Lancaster Avenue
Paoli, PA 19301
<https://www.mainlinehealth.org/specialties/lactation-and-breastfeeding>

Phoenixville Hospital-Tower Health
140 Nutt Road
Phoenixville, PA 19460
Breastfeeding classes Tuesdays 7p to 9pm and Saturday mornings from 9 to 11am
\$35
Calendar and registration: <https://phoenixville.towerhealth.org/services/pregnancy-birth/classes-and-support/>

Delaware County

Crozer-Chester Medical Center
Every other month 7:30-9:30
FREE
Childbirth Education Classroom. This classroom is located on the 1st Floor, East Wing, Sim Lab at the Crozer Chester Medical Center Main Campus
<https://www.eventbrite.com/e/childbirth-and-newborn-preparation-breastfeeding-tickets-55483431437>

Riddle Hospital
<https://www.mainlinehealth.org/events?keyword=prenatal%20breastfeeding>

Montgomery County

Abington Jefferson Health
(215) 481-6800
Breastfeeding classes: 1 (prenatal) and 2 (Back to work as a breastfeeding person)
Registration required. Fee: \$30. (Discount code can be applied when registering for more than 1 class.)
<https://www.abingtonhealth.org/services-specialties/womens-health/maternity/>
Contact Amy.Goldberg@Jefferson.edu

B4 Village

319 W. Ridge Pike
Limerick, PA 19468
(484) 854-3804

www.b4village.org
karen@b4village.org

Monthly, IBVCLC-taught small group prenatal breastfeeding class
\$30/pregnant person + 1 support person
Private classes available upon request

Bryn Mawr Hospital

Prenatal breastfeeding classes are held monthly from 7-9 PM. Support persons are encouraged to attend.
\$45/couple.

1-866-CALL-MLH(Main Line Health)

www.mainlinehealth.org/evc/Page.asp?PageID=EVC001762&Date=2016-11-28T19:00:00&dateID=163235

Einstein Medical Center Montgomery

Women's Resource Center

633 W. Germantown Pike, Suite 202
Plymouth Meeting, PA 19462

(484) 362-6133

Register: perinatalclasses@einstein.edu or by phone

Holy Redeemer Hospital

1648 Huntingdon Pike
Meadowbrook, PA 19046

1-800-818-4747

Breastfeeding class offered 1st Tuesday of every month, 7:30-9:30 pm

\$20 per family

<https://holyredeemer.ticketleap.com/2020-breastfeeding-classes/details>

Lifecycle Woman Care

918 County Line Road, Bryn Mawr

Class offered 2-3 times a month

Open to all. \$60/couple

Visit website for dates: <https://lifecyclegomancare.org/get-involved/classes-workshops-support-groups/>

To register, call office, 610-525-6086.

Pottstown Memorial Medical Center

Debra Werner, RN, CLC

1600 E. High Street

Pottstown, PA 19464

(610) 327-7213, 7200

Schedule at: <http://www.pottstownmemorial.com/pottstown-memorial-medical-center/Events.aspx?calendar=y&date=>

<http://amazingnewborn.com/services/>

Private classes: \$150. 2 support persons allowed.

Judy Crouthamel, RNC, BSN, IBCLC

Souderton, PA.

(610) 584-6111

Chapter 10 - Pumps and Breastfeeding Equipment

Selection of a pump depends on its purpose. Multiple-user electric breast pumps used in hospitals or as rental pumps are recommended for long-term, heavy use, such as a mother pumping for a premature infant 8 to 12 times a day or anyone who is exclusively pumping. Double pump kits reduce time spent pumping as both breasts can be pumped at once.

Some insurance companies reimburse for electric breast pump rental when a breastfeeding baby is hospitalized and require a prescription from the baby's doctor stating the need for the baby to have his or her mother's breast milk. If the mother of a hospitalized baby is WIC eligible, see **Chapter 2**, about WIC, about renting a multiple-user pump.

When a mother and baby are separated for several feedings each day (as with work or school attendance), a multi-user electric rental, a single-user electric breast pump or a manual pump will be sufficient.

Some outpatient or private practices sell pumps, related breastfeeding products and nursing brassieres. Each of the companies listed has a variety of single-user pumps: manual, battery, or small electric pumps that may be purchased, as well as multi-user pumps that can be rented. (Hygeia Baby and Limerick sell multi-user pumps.)

Contact the sites below to find a local durable medical equipment (DME) company that accepts the insurance, or retail provider near to the mother. Or, see **Chapter 12**, about DME companies.

(N.B. Lactation professionals are reporting that some insurance pumps can be of lesser quality than retail pumps, despite being made by the same manufacturer. If a mother reports a diminishing supply, check the suction levels and cycling pattern. Check to see that parts are fitted correctly and tightly, and that any flap or valve is whole and not torn.)

Hollister/Ameda/Egnell

www.ameda.com

485 Half Day Road, Suite 320
Buffalo Grove, IL 60089
(877) 99-AMEDA
Facebook, Google Hangout and
Twitter

Medela, Inc.

www.medela.com

(800) 435-8316
1101 Corporate Drive
McHenry, IL 60050
Facebook, Pinterest, Twitter, Youtube

Hygeia II Medical Group, Inc.

www.hygeiahealth.com

2713 Loker Avenue West
Carlsbad, CA 92010 USA
Phone: (888) 786-7466
Fax: (760) 918-0398
Sales@HygeiaBaby.com
Facebook, Google Hangout, Pinterest,
Twitter, Youtube

Limerick, Inc.

www.limerickinc.com

2150 N. Glenoaks Blvd.
Burbank, CA 91504-4327
Phone: 877-limeric (546-3742)
Fax: (818) 566-1260
customerservice@limerickinc.com
Facebook, LinkedIn, Twitter

Spectra Baby USA

www.spectrababyusa.com

6851 SW 21st Court
Suite 1
Davie, FL 33317
Phone: (855) 44-MOMBABY
customerservice@spectrababyusa.com
Facebook and Twitter

Philips USA

www.usa.philips.com

Avent pumps
(800) 542-8368
Tweet your questions to @PhilipsCare
Also Facebook and Youtube

Mothers who are exclusively pumping: <http://exclusivepumping.com/>

<https://www.facebook.com/groups/exclusivelypumpingmoms/>

<https://www.exclusivelypumping.com/>

<https://www.facebook.com/groups/276376349416641/>

Chapter 11 - Scale Rental

Find a BabyWeigh™ scale to rent: <https://www.medelabreastfeedingus.com/bnnsearch/results?search>

(215) 481-6106	Abington Memorial Hospital, Abington, PA
(610) 299-8290	Angela Leonard, West Chester, PA
(302) 478-8854	Angela Leonard, Wilmington, DE
(856) 374-1580	Away Baby Essentials, Deptford, NJ
(215) 886-2433	Breastfeeding Resource Center, Abington, PA
(484) 582-6682	Breastfeeding Resource Center, Wayne, PA
(800) 879-2467	Children's Hospital of Philadelphia
(610) 649-7769	Joanne Siciliano, Ardmore, PA
(609) 897-8991	PHCS Community Education and Outreach, Hamilton, NJ
(888) 848-7867	PPD Homecare, Inc., Mantua, NJ
(215) 829-5046	Solutions for Women, Philadelphia, PA
(302) 658-2229	The Birth Center, Wilmington, DE

Mothers with newly discharged late pre-term or premature babies may need to rent an electric breast pump and express milk in addition to breastfeeding, because these babies may be too weak or too young to transfer enough milk to maintain a mother's production. Using a scale that is accurate to 2 grams allows the mother to weigh the baby before and after breastfeeding, to see how much milk the baby drank. She can then feed the baby additional milk that she has expressed, so the baby has enough intake. The additional milk can be fed to the baby by NG tube, cup, spoon, dropper, finger feeding, or bottle.

A rule of thumb is that babies should be taking in ounces equal to 2.5 times their weight in pounds each 24 hours.

Parents need to be told how much milk the baby needs in 24 hours, so they can assure an adequate intake. The baby needs to be fed at least eight times in 24 hours. Holding the baby skin-to-skin will help the mother's milk supply, remind the baby to wake up, and will help the baby learn to breastfeed. Close follow-up, at least once weekly visits, by the pediatric care provider is essential for the near-term and premature baby after hospital discharge. Lactation support is essential until the situation is resolved.

A video that shows how to do test weighing:

www.youtube.com/watch?v=D_REvUIFubc&feature=youtu.be

A video showing how to Check Scale Calibration

https://www.youtube.com/watch?v=3QUJxr6Tcwo&fbclid=IwAR3fxdss6lyKaHmH_hKhSz4y3wpJKDQBJltdD83MKYnldB171jSvVbtniY

The Development of an Accurate Test Weighing Technique for Preterm and High-Risk Hospitalized Infants

BREASTFEEDING MEDICINE Volume 4, Number 3, 2009
Haase, Barreira, Murphy, et al.

Chapter 12 - Durable Medical Equipment Companies Providing Breast Pumps

Accelleron Health and Wellness – Breast Pumps and Education

<https://acelleron.com/breast-pumps/order/>

(877) 206-9687

Kristen Quinn CLC (267) 972-8008

Kquinn@acelleron.com

Baird Respiratory and Medical Equipment

<https://www.bairdmedical.com/Catalog/Category/11116/Breast-Pumps>

(214) 884-2990

Breast Pump Account Manager: Mary Guntz (267) 970-7045

Bright Medical Technology Inc.

<http://brightmedi.com/>

Contact: Gloribi Nickens (215) 725-6337 ext# 120

Gnickens.brightmedical@gmail.com

<https://www.brightmedi.com/s/search/products/category/Breastfeeding/sort/best-match>

McKesson

on-line ordering and shipping

<https://mpcs.mckesson.com/>

Milk N Mamas Baby

Dublin, PA

<https://www.milknmamasbaby.com/>

Montgomery Medical Equipment

Storkpump.com

Lauren Regina RD, CLC

Breast Pump Program Director

p: 1-844-993-3740 (main)

c: 1-610-290-6586 (cell)

f: 1-267-443-6019 (fax)

Wesley Pharmacy & Medical Equipment

Glenside, PA

<http://www.wesleypharmacy.com/>

Chapter 13 - Common Questions about Clinical Situations

(birth control, contraindications, postpone breastfeeding, handling human milk, traveling with human milk, special situations)

Birth Control and Breastfeeding:

Natural family planning and barrier or drugstore methods are compatible with lactation.

Note that the following methods of contraception do not prevent Sexually Transmitted Diseases (STDs), therefore, condoms should be used in conjunction to decrease the chance of STDs.

“Until better evidence exists, it is prudent to advise women that hormonal contraceptive methods may decrease milk supply especially in the early postpartum period. Hormonal methods should be discouraged in some circumstances (III):

1. existing low milk supply or history of lactation failure
2. history of breast surgery
3. multiple birth (twins, triplets)
4. preterm birth
5. compromised health of mother and/or baby”

<http://www.bfmed.org/Media/Files/Protocols/Contraception During Breastfeeding.pdf>

Lactational Amenorrhea Method (LAM): When a baby is 6 months old or less, is totally breastfeeding (i.e. not getting anything else to eat), has all sucking needs met at the breast (i.e. no pacifier), is waking to breastfeed during the night, and the mother has not had a period, breastfeeding affords 98-99% protection from pregnancy.

www.arhp.org/Publications-and-Resources/Patient-Resources/Fact-Sheets/Breastfeeding

Reporting a medication’s negative impact on milk supply, infant health or breastfeeding:

<https://www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home>

Anyone can file a report: layperson or professional

Breastfeeding modifications and restrictions (both permanent and temporary)

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/contraindications-to-breastfeeding.html>

(accessed 12/16/19)

NO breastfeeding or feeding expressed milk to infant:

Infant is diagnosed with classic galactosemia, a rare genetic metabolic disorder¹

Mother is infected with the human immunodeficiency virus (HIV)¹ (Note: recommendations about breastfeeding and HIV may be different in other countries)

Mother is infected with human T-cell lymphotropic virus type I or type II[PDF-805KB] (HTLV – 1/2)¹

Mother is using an illicit street drug, such as PCP (phencyclidine) or cocaine¹ (Exception: Narcotic-dependent mothers who are enrolled in a supervised methadone program and have a negative screening for HIV infection and other illicit drugs can breastfeed)

Mother has suspected or confirmed Ebola virus disease

TEMPORARY Cessation of breastfeeding; NO expressed milk to infant:

Mother is infected with untreated brucellosis

Mother is taking certain medications (always check with Lactmed first)

The mother is undergoing diagnostic imaging with radiopharmaceuticals

Mother has an active herpes simplex virus (HSV) infection with lesions present on the breast (Note: Mothers can breastfeed directly from the unaffected breast if lesions on the affected breast are covered completely to avoid transmission)

Mother has hepatitis B or C AND bleeding or cracked nipples:

[Hepatitis B virus and hepatitis C virus](#) cannot be transmitted through breast milk, but they can both be spread by infected blood. Therefore, if a mother has Hepatitis B or C AND she has any bleeding from cracked nipples and/or surrounding areola, she should stop nursing (or feeding expressed milk exposed to blood) temporarily as a precaution, so that she does not transmit hepatitis B or C to her baby through any exposure to blood.

To maintain her milk supply while not providing breast milk, she can express and discard her breast milk until her nipples are healed. Once her nipples are no longer cracked or bleeding, a mother who has hepatitis B or C may fully resume breastfeeding or providing expressed milk to her child.

DNPAO-INFO | CDC-INFO

[Division for Nutrition, Physical Activity and Obesity,
National Center for Chronic Disease Prevention and Health Promotion](#)

Direct communication: 10/10/19

TEMPORARY Cessation of breastfeeding; YES expressed milk to infant:

Mother has untreated, active tuberculosis

(Note: The mother may resume breastfeeding once she has been treated appropriately for 2 weeks and is documented to be no longer contagious)

“Breastfeeding should not be discouraged for women being treated with the first-line antituberculous drugs because the concentrations of these drugs in breast milk are too small to produce toxicity in the nursing newborn. For the same reason, drugs in breast milk are not an effective treatment for TB disease or LTBI in a nursing infant.”

Active untreated tuberculosis

P. 116 (AAP Red Book, 21st edition 2018) “Women with tuberculosis who have been treated appropriately for 2 or more weeks and who are not considered contagious (negative sputum) may breastfeed.” “Breastmilk can be expressed and given to the infant during the short separation.”

Mother has active varicella (chicken pox) infection that developed within the 5 days prior to delivery to the 2 days following delivery

Breastfeeding Interrupted or Postponed:

EXPRESSED MILK CAN BE GIVEN:

Active herpetic lesions on breast:

Cindy Pride, MSN, CPNP, TTUHSC Infant Risk Center <http://www.infantrisk.com>

“If the lesions are on only one breast, mother may continue breastfeeding on the unaffected breast while pumping and discarding on the affected breast. She should keep the affected breast covered and use meticulous hand washing with each breastfeeding session to decrease risk to the infant. If the lesions are on both breasts, she should pump and discard and give an alternative form of nutrition until the lesions are scabbed over (no longer infective). If the lesions are not on

the breast, then the mother may breastfeed from both breasts while keeping the affected body area covered.”

Tuberculosis: <https://www.cdc.gov/tb/topic/populations/pregnancy/default.htm> “Breastfeeding should not be discouraged for women being treated with the first-line anti-tuberculosis drugs because the concentrations of these drugs in breast milk are too small to produce toxicity in the nursing newborn. For the same reason, drugs in breast milk are not an effective treatment for TB disease or LTBI in a nursing infant. Breastfeeding women taking INH should also take pyridoxine (vitamin B6) supplementation.”

Bruceellosis: p.415 “Temporary interruption of breastfeeding...pumping and discarding the milkfor the first 48-96 hours of therapy in the mother.”

Gonorrhea: p.416

“Mother should be separated from infant until completion of 24 hours of therapy. Pump and discard for 24 hours.”

Influenza: <https://www.cdc.gov/flu/professionals/infectioncontrol/peri-post-settings.htm>

“CDC recommends that facilities consider temporarily separating the mother who is ill with suspected or confirmed influenza from her baby following delivery during the hospital stay. Throughout the course of temporary separation, all feedings should be provided by a healthy caregiver if possible. Mothers who intend to breastfeed should be encouraged to express their milk.”

MRSA: p. 419 “Management... should be based on severity of disease and whether the infant is premature, LBW, VLBW, previously ill or full term.” “Breastfeeding on the affected side in cases of mastitis generally is recommended.” P. 116 (AAP Red Book, 31st edition, 2018).

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/mrsa.html>

“Mothers with a MRSA infection can usually continue to breastfeed while receiving appropriate treatment compatible with breastfeeding.”

Syphilis: p.789 “Breastfeeding acceptable after 24 hours of effective therapy; discard breastmilk for 24 hours.”

Page Sources: RA Lawrence, RM Lawrence: *Breastfeeding: A Guide for the Medical Profession (8th Edition)*. Philadelphia: Elsevier Mosby, 2016

Varicella: Cindy Pride, MSN, CPNP, TTUHSC Infant Risk Center <http://www.infantrisk.com>

“If the lesions are on only one breast, mother may continue breastfeeding on the unaffected breast while pumping and discarding on the affected breast. She should keep the affected breast covered and use meticulous handwashing with each breastfeeding session to decrease risk to the infant. If the lesions are on both breasts, she should pump and discard and give an alternative form of nutrition until the lesions are scabbed over (no longer infective). If the lesions are not on the breast, then the mother may breastfeed from both breasts while keeping the affected body area covered.”

Partial Breastfeeding may be possible:

Duarte’s galactosemia

<https://www.lli.org/breastfeeding-and-galactosemia-2/>

Phenylketonuria

J Pediatr Nurs. 2012 Aug; 27(4): 319–327

Breastfeed Med. 2014 Apr 1; 9(3): 142–148.

Breastfeeding and infant growth should be regularly monitored after hospital discharge for:

Breastfeeding is a confidence game; whatever the situation, tell the mother to keep the baby close and nurse responsively (8-15 times/ 24 hours) in the first weeks, and bring the baby for weekly weight checks until it is certain that breastfeeding is going well and the baby is gaining appropriately.

Women in the following situations **sometimes** do not produce a full milk supply; therefore, their babies need to be followed with weekly weight checks until the baby demonstrates consistent weight gain:

- Women who have used infertility technology to become pregnant
- Women who do not experience breast changes during pregnancy or during the first postpartum week
- Women who have had breast surgery.
- Women who have asymmetrical breasts
- Women who have hypertension
- Women who are using hormonal birth control.
- Women using a nipple shield (pump 3-4 times/24 hours during first 2 weeks postpartum)

Babies in the following situations **sometimes** have difficulty transferring sufficient milk and need weekly follow-up until consistent weight gain is demonstrated:

- Discharged from an intensive care unit
- With special healthcare needs
- With tethered oral tissue (cheek, lip or tongue tie)

Contaminants in Human Milk:

www.ncbi.nlm.nih.gov/pmc/articles/PMC2569122/

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/environmental-exposures/index.html>

"Breastfeeding is still recommended despite the presence of chemical toxins. The toxicity of chemicals may be most dangerous during the prenatal period and the initiation of breastfeeding. However, for the vast majority of women the benefits of breastfeeding appear to far outweigh the risks. To date, effects on the nursing infant have been seen only where the mother herself was clinically ill from a toxic exposure." (accessed 12/2/19)

About lead exposure:

www.cdc.gov/niosh/topics/ABLES/pdfs/CSTE_2007_Fagan.pdf

<https://drive.google.com/file/d/0B6pzivBZDmsXdzq1UHRxaE9hWUE/view?pref=2&pli>

"Lead in breast milk is much lower than in blood; thus, the benefits of breastfeeding generally outweigh the risks."

"Exposure to lead in utero may be the most devastating to a child's development. Recommend BLL < 5 mcg/dl for pregnant women and women considering pregnancy."

Handling Human Milk:

"Expressed human milk does not require special handling (such as universal precautions), as is required for other bodily fluids such as blood. It can be stored in a workplace refrigerator where other workers store food, although it should be labeled with name and date. "

ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants
BREASTFEEDING MEDICINE Volume 12, Number 7, 2017

CDC

https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

Immunizations and Breastfeeding 2020:

"DO NOT Administer smallpox and yellow fever vaccines to nursing mothers. All others are recommended.

Jaundice and Breastfeeding:

ABM Clinical Protocol #22: Guidelines for Management of Jaundice in the Breastfeeding Infant 35 Weeks or More of Gestation—Revised 2017

Primary Prevention: "Frequent breastfeeding (8–12 times or more in 24 hours) is crucial both to increase infant enteral intake and to maximize breast emptying, which is essential for the establishment of milk supply. Feeding anything before the onset of breastfeeding delays the establishment of good breastfeeding practices and may hinder milk production, increasing the risk of reduced enteral intake and exaggerated hyperbilirubinemia. There is a positive association between the number of breastfeeds a day and lower TSB (total serum bilirubin)."

"When discussing any treatment options with parents, healthcare providers should emphasize that all treatments are compatible with continuation of breastfeeding.

"Do not supplement infants with anything other than mother's own expressed milk in the absence of a specific clinical indication."

"First and best supplement is expressed own mother's milk. It can be hand expressed into a small cup or spoon and directly fed to the infant." "If own mother's milk is not available, supplementing with donor human milk will increase enteral intake."

"It may be necessary to supplement with infant formula if neither own mothers' milk nor donor human milk is available. The impact of introducing formula to an exclusively breastfed infant must be considered"

"Supplementation of breastfeeding should preferably be undertaken using a cup, spoon, syringe, or supplemental nursing system (if infant is latching) simultaneously with or immediately following each breastfeed. Nipples/teats and bottles should be avoided where possible. However, there is no evidence that any of these methods are unsafe or that one is necessarily better than the other."

Surgery and Breastfeeding:

ABM Clinical Protocol #15: Analgesia and Anesthesia for the Breastfeeding Mother, Revised 2017

Mothers with healthy term or older infants can generally resume breastfeeding as soon as they are awake, stable, and alert. (IV) Resumption of normal mentation is a hallmark that medications have redistributed from the plasma compartment (and thus generally the milk compartment) and entered adipose and muscle tissue where they are slowly released.

Brief procedures

"Mothers who have undergone dental extractions or other short procedures requiring the use of single doses of medication for sedation and analgesia can breastfeed as soon as they are awake and stable. Although shorter-acting agents such as fentanyl and midazolam may be preferred, single doses of meperidine/pethidine or diazepam are unlikely to affect the breastfeeding infant.¹⁵ (III) Local anesthetics given by injection or topical application are considered safe for breastfeeding mothers.^{2,3} (IV)"

Perioperative considerations

Breastfeeding mothers undergoing anesthesia or sedation should be scheduled as the first case of the day when possible to allow for minimal fasting times.

Encourage breastfeeding (or breastmilk feeding) when:

A baby has a cleft lip or palate or any congenital anomaly or disorder

A baby is jaundiced

A baby has diarrhea or otherwise ill

A baby is two, three, four years old or older

A mother is nursing 1, 2 or 3 other children

A woman is pregnant

A woman gives birth to twins, triplets, or quadruplets (as many as seven!)

A woman is a teenager or post-menopausal

A woman needs a mammogram

A woman has had breast surgery

A woman is adopting a baby (even if she has never been pregnant)

A woman has a breast infection

A woman has had cancer and is recovered

A woman has had an organ transplant

A woman has had gastric bypass surgery (she needs to keep taking her post-bypass vitamin supplements, particularly B-12, as prenatal vitamins may not be enough).

A mother has C. Difficile, hepatitis (A, B and C), toxoplasmosis, west Nile virus, zika and coronavirus. (CDC 2017) Check sources for most current information.

- 1) https://www.cdc.gov/breastfeeding/disease/west_nile_virus.htm
- 2) RA Lawrence, RM Lawrence: Breastfeeding: A Guide for the Medical Profession (8th Edition). Philadelphia: Elsevier Mosby, 2016
- 3) www.infantrisk.com
<https://www.cdc.gov/pregnancy/zika/testing-follow-up/zika-in-infants-children.html>
- 4) <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

Traveling with Human Milk:

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/travel-recommendations.html>

<https://wwwnc.cdc.gov/travel/yellowbook/2020/family-travel/travel-and-breastfeeding>

<https://www.tsa.gov/travel/special-procedures/traveling-children>

(accessed 12/2/19)

"TSA officers may need to test liquids for explosives or concealed prohibited items. Officers may ask you to open the container and/or have you transfer a small quantity of the liquid to a separate empty container or dispose of a small quantity, if feasible."

Inform the TSA officer if you do not want the formula, breast milk and/or juice to be X-rayed or opened. Additional steps will be taken to clear the liquid and you or the traveling guardian will undergo additional screening procedures, to include a pat-down and screening of other carry-on property."

"Formula, breast milk, juice in quantities greater than 3.4 ounces or 100 milliliters are allowed in carry-on baggage and do not need to fit within a quart-sized bag. Remove these items from your carry-on bag to be screened separately from the rest of your belongings. You do not need to travel with your child to bring breast milk."

Traveling with a Breast Pump:

<https://www.tsa.gov/travel/security-screening/whatcanibring/items/breast-pump>

Carry On Bags: Yes

Checked Bags: Yes

Nursing Stations at Philadelphia International Airport

<https://www.phl.org/Pages/Passengerinfo/Mothers-Nursing-Station.aspx>

Storage Duration of Fresh Human Milk for Use with Healthy Full-Term Infants

TABLE 1. MILK STORAGE GUIDELINES

<i>Location of storage</i>	<i>Temperature</i>	<i>Maximum recommended storage duration</i>
Room temperature	16–29°C (60–85°F)	4 hours optimal 6–8 hours acceptable under very clean conditions
Refrigerator	~4°C (39.2°F)	4 days optimal 5–8 days under very clean conditions
Freezer	<–4°C (24.8°F)	6 months optimal 12 months acceptable

Reference: Academy of Breastfeeding Medicine. (2017) Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants[PDF-125k].

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/8-human-milk-storage-protocol-english.pdf>

Chapter 14 - APPS for Breastfeeding and Pumping

Baby Connect (\$4.99) Tracks everything related to baby: diapers, feeding, growth, meds, sleep, and vaccines; caregivers can log in too; everybody can be synched together

Baby Feeding Log (free) – allows new parents to record all the basics for nursing, diapers, and sleeping

Baby Nursing (free) - for breast, bottle, and formula feeding mothers

Breastfeeding Central (\$3.99) created by an IBCLC

Breastfeeding Management (free) – complete informational resource for breastfeeding moms developed by Massachusetts Breastfeeding Coalition

iBabyLog (free) – tracks sleeping, breastfeeding, diaper changes, mood, baths

Feed Baby – Baby Tracker: (free) tracks everything about baby

Glow Baby (free) – has educational sections and networking

Latch Me (free) This app is full of resources for a breastfeeding mom to find local support. It includes help finding locations to breastfeed, doctors and lactation consultants nearby and more. You can also add nursing or pumping locations to the app as you find them.

Mamava App Download to find places to nurse, and the code for unlocking pods
<https://www.mamava.com/find-mamava>

Milk Maid (\$2.99) rated the best by a site for those exclusively pumping:
<https://exclusivepumping.com/breast-pumping-apps-which-is-the-best/>

Nancy Morbacher Breastfeeding Solutions (\$4.99). An interactive app developed by an IBCLC that guides a mother through 30 common situations. Has articles section too.

NICU Baby APP
<https://www.marchofdimes.org/nicufamilysupport/my-nicu-baby-app.aspx>

Nursing Room Locator Moms Pump Here (free) Find quiet and private nursing rooms, lactation lounges, and breastfeeding friendly places to breastfeed their baby or express breast milk. You can add locations.

Pacify A nationwide network of IBCLCs who are available for on-demand video consultants. Breastfeeding support is available 24/7 in English and Spanish. Pacify is HIPPA-secure. www.pacify.com

Pump Log (free for first 50 uses, then \$6.99)

Pumpspotting <https://www.pumpspotting.com/> “it's Facebook meets yelp. meets boob.”

App for prenatal education: <http://www.coffective.com/learn/>

<https://itunes.apple.com/us/app/coffective/id849901936>

The Milk Man app (free) Just for dads. <http://pifistudy.net.au/milkman>
The Milk Man smartphone app is designed specifically for men about breastfeeding and early parenting.

Total Baby (\$4.99) Log anything, caregivers can log in too, everything can be synched together.

For mothers away from home looking for a Mamava pod:
<https://www.mamava.com/mobile-app/>

Chapter 15 - Selected Websites for Breastfeeding & Related Resources

The Internet is a continually expanding universe. Type the relevant phrase into a search engine. There are more sites about any topic than are listed here.

Many organizations have Facebook pages, Twitter accounts, Instagram and other media platforms.

Adoptive Breastfeeding

[Asklenore.info](#) (breastfeeding and adoption, surrogacy, infertility, recurrent miscarriage, or traditional pregnancy)

Newman Breastfeeding Clinic [Ibconline.ca](#)
<http://sweetpeabreastfeeding.com/index.html>

Advocacy and Political Action

Baby Milk Action www.babymilkaction.org

Best for Babes www.bestforbabes.org (No longer updated; still full of good things.)

Ban the Formula Discharge Bags www.banthebags.org

CDC Guide to Breastfeeding Interventions (2005)
http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf

CDC Guide to Strategies to Support Breastfeeding Mothers and Babies (2013)
<https://www.cdc.gov/breastfeeding/pdf/BF-Guide-508.PDF>

Surgeon-General Regina Benjamin's Call to Action (2011)
www.surgeongeneral.gov/library/calls/breastfeeding

World Alliance for Breastfeeding Action www.waba.org.my

Baby-Friendly Hospital Initiative Resources

BabyFriendly USA <https://www.babyfriendlyusa.org/>

Training and Tools <https://coffective.com/>

Billing Codes

American Academy of Pediatrics (AAP) <http://www2.aap.org/breastfeeding/files/pdf/coding.pdf>
Need an account to gain access

Billing Codes: www.cms.gov/medicare-coverage-database/staticpages/icd-10-code-lookup.aspx

Billing Codes for Lactation www.icd10data.com/ICD10CM/Codes/O00-O9A/O85-O92/O92-/O92.79

Donna Sinnott, lactation coding expert: https://peacelovebreastfeeding.com/Home_Page.html

ACOG Toolkit <https://www.acog.org/About-ACOG/ACOG-Departments/Toolkits-for-Health-Care-Providers/Breastfeeding-Toolkit> (coding is a part of the Toolkit)

Blogs

Healthy Children www.ourmilkyway.org

ILCA <https://lactationmatters.org>
A listing of blogs: <https://lactationmatters.org/2012/06/19/great-breastfeeding-blogs-to-read/>

Privately sponsored blogs:

<http://www.sheknows.com/parenting/articles/1020825/best-breastfeeding-blogs>
<http://www.thebadassbreastfeeder.com>
<https://themilkmeg.com/milk-meg-blog/>
<https://womenshealthtoday.blog/about/>
<http://mammalssuck.blogspot.com/> (from scientist Katie Hinde PhD)
<http://www.lizbrooksibclc.com/news/> (from a lawyer/IBCLC)

Books, AV materials, videos, brochures for sale

Childbirth Graphics/WRS Group www.childbirthgraphics.com

Praeclarus Press (formerly Hale Publishing) www.praeclaruspress.com

Injoy www.injoyvideos.com

Noodle Soup: www.noodlesoup.com

Kay Hoover and Barbara Wilson-Clay www.breastfeedingmaterials.com

Breastfeeding/Lactation Organizations

(Offer courses, educational materials and conferences)

Academy of Lactation Policy and Practice www.talpp.org

Appalachian Breastfeeding Network <https://www.appalachianbreastfeedingnetwork.org/>

Breastfeeding Resource Center <https://breastfeedingresourcecenter.org/>

Carolina Global Breastfeeding Institute <https://sph.unc.edu/cgbi/carolina-global-breastfeeding-institute/>

Healthy Children www.healthychildren.cc

International Board of Lactation Consultant Examiners www.iblce.org

International Lactation Consultant Association www.ilca.org

La Leche League International (LLLI) www.llli.org

National Association of Professional and Peer Supporters of Color <http://napplsc.org>

Wellstart International www.wellstart.org/resources.html

Breastfeeding Help Sites (for Mothers and for Providers)

Biological Nurturing www.biologicalnurturing.com

Breastfeeding After Reduction: www.bfar.org (breastfeeding after all types of breast surgery)

Breastfeeding/Nursing Aversion & Agitation <https://www.breastfeedingaversion.com/about-me>

Department of Health and Human Services www.womenshealth.gov/breastfeeding/

Dysphoric Milk Ejection <https://www.d-mer.org/>

KellyMom.com (Evidence based site for both families and providers. Covers just about everything lactation related.)

UNC Lactation Program Clinical protocols and parent handouts
<https://www.mombaby.org/unc-lactation-program/>

Lactnet (*listserv for lactation professionals and breastfeeding helpers only*)

Search for "LACTNET"

Facebook page (*LACTWORLD*) by invitation only

Mothers Overcoming Breastfeeding Issues (MOBI):

http://www.mobimotherhood.org/?fbclid=IwAR2tAFqTAq_4QEJn_0q1v6Yi9LSszdGuh9ZNNvH69O9Cx8wxKynBUqFJMVk

Newborn Weight Tool www.newbornweight.org/

Stanford University: <https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

Childbirth and Doula Organizations

Birthing from Within www.birthingfromwithin.com

BirthWorks www.birthworks.org

Childbirth and Postpartum Professional Association www.cappa.net

Coalition to Improve Maternity Services (CIMS) www.motherfriendly.org

Doulas.com <http://www.doulas.com/>

(Includes **Operation Special Delivery**, a program that provides free doulas for women whose babies' fathers are in the military.)

Doulas of North America <http://www.dona.org>

Hypnobirthing <https://us.hypnobirthing.com/>

ICAN OF SOUTHEASTERN PA (International Cesarean Awareness Network)

southeastern.pa@ican-online.org

<https://www.facebook.com/icanofsepa/>

International Center for Traditional Childbearing

<https://www.mrgfoundation.org/grantees/international-center-traditional-childbearing/>

International Childbirth Education Association www.icea.org

Lamaze International, Inc. www.lamaze.org

Pennsylvania Association of Certified Professional Midwives www.pacpm.org

Pettaway Pursuit Foundation <https://pettawaypursuitfoundation.org/>

Philadelphia Alliance for Labor Support

<http://www.palsdoulas.com/about-pals/> (Free doulas)

Philly Doula Cooperative www.phillydoulacoop.com

Spinning Babies <https://spinningbabies.com/>

Children's Advocacy Project

<https://cap4kids.org/philadelphia/>

Child Care/Early Childhood Education Programs

Breastfeeding & Early Childhood Educators Pennsylvania

www.ecels-healthychildcarepa.org/publications/health-link-online/item/437-breastfeeding-early-childhood-educators

Early Resource Learning Center/ Office of Child Development and Early Learning (OCDEL)

<https://philadelphiaelrc18.org/>

A single point-of-contact for families, early learning providers and communities.

Philadelphia Resources

<https://cap4kids.org/philadelphia/parent-handouts/child-care-respice-care/child-care/>

Breastfeeding Information for Child Care Providers

<http://www.health.state.mn.us/divs/oshii/bf/childcare.htm>

Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition (CFOC3) <http://nrckids.org/>

Carolina Breastfeeding-Friendly Child Care Initiatives
<https://sph.unc.edu/cqbi/breastfeeding-friendly-child-care/>

CDC Support for Breastfeeding in Early Childhood Education
www.cdc.gov/breastfeeding/pdf/strategy6-support-breastfeeding-early-care.pdf

What to Do if an Infant or Child Is Mistakenly Fed Another Woman's Expressed BreastMilk
www.cdc.gov/breastfeeding/recommendations/other_mothers_milk.htm

New York State Department of Health Breastfeeding Friendly Child Care:
<https://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>

Minnesota Department of Health Breastfeeding Information for Child Care Providers:
<http://www.health.state.mn.us/divs/oshii/bf/childcare.html>

US Department of Agriculture CACFP Breastfeeding and Childcare
<https://healthymeals.fns.usda.gov/resource-library/child-and-adult-care-food-program/breastfeeding-and-child-care>

Michigan Breastfeeding Network
<https://www.youtube.com/channel/UC-II0BQfLnyyUUwcxeNwIqg>

Children with Special Health Care Needs

All babies do better when fed human milk; breastfeeding may or may not be possible.

Breastfeeding a Baby with Cardiac Disease:
<http://www.chop.edu/pages/breastfeeding-baby-congenital-heart-disease>

<https://www.ncbi.nlm.nih.gov/pubmed/30694819> (review article supporting use of human milk for babies with CHD)

Breastfeeding a Baby with Cleft Lip and/or Palate:
<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/27-breastfeeding-an-infant-or-young-child-with-insulin-protocol-english.pdf>

Breastfeeding a Baby with Down's Syndrome
<https://juliasway.org/brochure> (available in English and in Spanish)

Breastfeeding a Baby with Insulin-Dependent Diabetes
<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/27-breastfeeding-an-infant-or-young-child-with-insulin-protocol-english.pdf>

HRSA
<https://mchb.hrsa.gov/nsch/07cshcn/national/1chhc/1hbr/pages/01b.html>

Kelly Mom
<http://kellymom.com/ages/newborn/nb-challenges/bfhelp-baby/>

La Leche League, International
<https://www.llli.org/breastfeeding-info/special-needs/>

Chronic Conditions in the Mother

Blind: <https://nfb.org/images/nfb/publications/brochures/blindparents/parentingwithoutstight.html>
<http://www.llli.org/llleaderweb/lv/lvsepoct92p67.html>

Deaf: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4112581/>
<http://www.youtube.com/watch?v=P53LvHkJrYE>
<http://www.youtube.com/watch?v=m36FCJLQLGs>

Disability: <http://www.disabledparenting.com/nursing/>
https://www.disabledparenting.com/breastfeeding-advice-for-mothers-with-disabilities/?fbclid=IwAR3YZNYOg9ZrwRcZ8fciCctApH8-IMwzJq_DrABA_4MmJiAQwUdW5r0QSgg
<https://blog.themobilityresource.com/blog/post/10-amazing-products-for-parents-with-disabilities>
http://en.hesperian.org/hhg/A_Health_Handbook_for_Women_with_Disabilities:Breastfeeding_the_baby

For Parents with Physical Disabilities: <http://www.lookingglass.org>

Substance Abuse Disorder:
<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/21-drug-dependency-protocol-english.pdf>

Wheelchair-Using Parents Stroller Options
https://www.spinalcord.com/blog/stroller-options-for-wheelchair-using-parents?fbclid=IwAR25HI-sVnxnKusQXTn4NjDP3dO_sPYrkkFmTpW9XNlsgHFvlgZLLyJmZBs

College Education in Lactation

Drexel University
<http://drexel.edu/cnhp/academics/undergraduate/Human-Lactation-Consultant-Program>

Maternal-Child Health: Union Institute and University
Lactation Consulting, BS <https://myunion.edu/academics/bachelors/maternal-child-health/>

Competition

It is a good idea to know what the organized opposition to breastfeeding is doing. Resistance is a teacher.

Fearless Formula Feeder <http://www.fearlessformulafeeder.com>

Fed is Best <https://fedisbest.org>

The Skeptical OB <http://www.skepticalob.com>

Economics and Finances

Cost of Not Breastfeeding Tool: <https://www.aliveandthrive.org/>

Education in breastfeeding and lactation (for physicians)

American Academy of Pediatrics:
<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Breastfeeding-Educational-Resources.aspx>

Philadelphia Chapter AAP: <https://www.paaap.org/breastfeeding-education-support-and-training-best.html>

California State University College of Health and Human Development Lactation Education
<https://www.csun.edu/health-human-development/lactation-education>

Stanford University <https://med.stanford.edu/content/dam/sm/peds/documents/elective-selective-rotations/lactation/lactation-rotation-summary.pdf>

<http://med.stanford.edu/newborns/professional-education/breastfeeding.html>

University of North Dakota
<https://med.und.edu/education-resources/electives/files/docs/ped-9311.pdf>

Employed outside the home and breastfeeding
(see also Workplace Information)

<https://www.llli.org/breastfeeding-info/working-and-breastfeeding/>

<https://www.workingmother.com/breastfeeding-strategies-for-working-mom#page-3>

<https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work>

Facebook Groups

Search and ask to join (there are thousands of pages).

Black Mothers Do Breastfeed
Chinese Speaking Breastfeeding Support
Exclusively Pumping Mamas
Latina Breastfeeding Coalition
Native American Breastfeeding Coalition of Washington
Pan-India
Postpartum Mood Disorders Affect Women of Color Too
Postpartum Support International
TransReproductiveSupport/
Thai

Fathers

Dad's Adventure:

<https://dadsadventure.com/breastfeeding/>

Fathers Hold Key to Breastfeeding Success:

<https://www.nichq.org/insight/fathers-powerful-allies-maternal-and-child-health>

WIC: <https://wicbreastfeeding.fns.usda.gov/sites/default/files/2018-06/Fathers%20Can%20Support%20Breastfeeding%20Poster.pdf>

Foreign Language Materials (Free)

Baby-Friendly

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/>

(Arabic, Bengali, Hindi, Lithuanian, Mandarin, Polish, Romanian, Slovak, Turkish, Urdu)

<http://www.Breastcrawl.org>, materials in over **80** languages

<http://www.Ethnomed.org>

https://www.healthinfotranslations.org/topic/pregnancy_and_baby_care/46013/

[Arabic](#), [Bosnian](#), [Chinese Simplified](#) , [Chinese Traditional](#), [English](#), [French](#), [Hindi](#), [Japanese](#), [Khmer](#), [Korean](#), [Marshallese](#), [Multilingual](#), [Nepali](#), [Portuguese](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#) , [Ukrainian](#), [Vietnamese](#)

HealthReach/National Library of Medicine

<https://healthreach.nlm.nih.gov/document/535/Breastfeeding-Basics>

Arabic, Chinese simplified, Chinese traditional, French, Hindi, Japanese, Nepali, Russian, Somali, Spanish, Vietnamese

La Leche League of Canada Arabic: <http://www.lllc.ca/Thursdays-tip-breastfeeding-resources-arabic>

La Leche League International (Breastfeeding in Emergencies)

<https://www.llli.org/breastfeeding-info/infant-feeding-emergencies-multilingual/>

Arabic, Bengali, Chinese, English, French, German, Indonesian, Italian, Japanese, Portuguese, Russian, Spanish, Swahili

Lactation Education Resources

<https://www.lactationtraining.com/resources/educational-materials/handouts-parents>

Arabic, Chinese, English, Polish, Spanish, Vietnamese

Vietnamese materials

<https://nature.berkeley.edu/departments/nut/extension/vietnamese.html>

Missouri Department of Health

<https://health.mo.gov/living/families/wic/breastfeeding/resourcesdata/>

FREE Handouts and Photographs

Academy of Breastfeeding Medicine <http://www.bfmed.org>

Offers free educational podcasts on iTunes, has twenty-five clinical protocols

Carolina Global Breastfeeding Institute <https://sph.unc.edu/cqbi/resources-ready-set-baby/>

CDC State and Community Health Media Center Type in Nutrition: Breastfeeding in the search box.

<https://nccd.cdc.gov/schmc/apps/searchresults.aspx>

Diaper Recording Logs (English and Spanish)

www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoEng.pdf

www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoSpan.pdf

FitWIC Baby Behavior Study:

https://wicworks.fns.usda.gov/wicworks/Sharing_Center/gallery/FitWICBaby.htm - staff

Growth Charts

http://www.cdc.gov/growthcharts/who_charts.htm

Growth Velocity Charts

Girls-- http://www.who.int/childgrowth/standards/velocity/sft_weight_girls_1mon_p.pdf?ua=1

Boys-- http://www.who.int/childgrowth/standards/velocity/sft_weight_boys_1mon_p.pdf?ua=1

Lactation Education Resources

www.lactationtraining.com/resources/educational-materials/handouts-parents/handouts-lactation

Free and in many languages

Pennsylvania Department of Health (crib cards, door hangers)

<https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx>

Philadelphia Department of Public Health:

<https://www.phila.gov/services/mental-physical-health/get-health-care-and-support/family-and-childrens-health-care/get-breastfeeding-support/>

USDA WIC Works Resource System:

<https://wicworks.fns.usda.gov/resources/breastfed-babies-welcome-here>

Formula

European formulae:

HIPP: <https://organicstart.com/hipp/>

HOLLE: <https://organicstart.com/holle/cow/stage-1/product>

FDA regulation of formula

<https://www.fda.gov/consumers/consumer-updates/fda-takes-final-step-infant-formula-protections>

<http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/infantformula/default.htm>

2020 list of Organic infant formulae

<https://mommyhood101.com/best-organic-baby-formula>

Safe Preparation of Powdered Infant Formula

<http://www.cdc.gov/Features/Cronobacter/>

WHO Toolkit for monitoring Code compliance

<https://www.who.int/nutrition/netcode/toolkit/en/>

Human Milk: Handling and Storage

CDC: https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm
https://www.cdc.gov/breastfeeding/recommendations/other_mothers_milk.htm

Academy of Breastfeeding Medicine

<https://www.bfmed.org/protocols>

ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, rev. 2017

Office of Women's Health

<http://www.womenshealth.gov/breastfeeding/employer-solutions/common-solutions/milk-handling.html>

International Organizations

La Leche League, International www.llli.org

UNICEF <http://www.unicef.org>

World Health Organization (WHO) <http://www.who.int/topics/breastfeeding/en>

World Alliance for Breastfeeding Action <http://waba.org.my>

Lactating People of Color

Black Women Do Breastfeed <https://blackwomendobreastfeed.org>

Latinas <https://salud-america.org/why-equity-in-breastfeeding-matters-for-latina-and-all-women/>

National Association of Professional and Peer Supporters of Color <http://www.nappls.org/>

Native American <https://www.nativebreastfeedingwi.com/about>

Reaching Our Sisters Everywhere <http://www.breastfeedingrose.org>

W.K. Kellogg Foundation <http://www.wkcf.org/>

Large-sized nursing bras

<http://www.decentexposures.com>

Plus Sizes: http://www.barenecessities.com/Nursing--Maternity-Bras-Plus-Size-Bras_catalog_nxs,47,style,12.htm?amsk=riejwn8874

<http://www.bravadodesigns.com/us/collections/plus-size-nursing-bras-tanks>

Breastfeeding Resource Center, Abington PA 215-886-2433

Breastfeeding Resource Center, Wayne, PA 484-582-6682

www.braspectrum.com

www.qiegielingerie.com/bras.php#

www.b4village.org

Laws and Legal Issues

National Conference of State Legislatures

<http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx>

Human Relations Commission Philadelphia

<https://www.phila.gov/departments/philadelphia-commission-on-human-relations/>

Monitors and supports Philadelphia ordinances permitting breastfeeding outside the home and pumping in the workplace

United States Breastfeeding Committee Federal Workplace Law
<http://www.usbreastfeeding.org/workplace-law>

About the break time for nursing mothers law:
<https://www.dol.gov/whd/nursingmothers/>

United States Department of Labor <http://www.dol.gov/whd/nursingmothers/>

Women's Law Project Philadelphia and Pennsylvania laws
<https://www.womenslawproject.org/workplace-equality/breastfeeding-rights/>

Custody Issues (attachment, court letter, parenting plans, visitation):

- (1) <http://www.lizbrooksibcl.com/2018/08/19/protecting-breastfeeding-while-in-a-divorce-or-custody-dispute/?fbclid=IwAR2MaELTVRvFqVs19>
- (2) <http://www.pabreastfeeding.org/news/protecting-breastfeeding-while-in-a-divorce-or-custody-dispute/>
- (3) <http://theleakyboob.com/2011/02/a-journey-through-breastfeeding-and-visitiation/>
- (4) <https://web.archive.org/web/20161121102359/http://www.breastfeedingor.org/wp-content/uploads/2012/10/BCOCoparentingPlan.pdf>
- (5) <http://www.attachmentparenting.org/parentingtopics/special-areas/divorce-custody-blendedfamilies>
- (6) <http://www.newswise.com/articles/overnights-away-from-home-affect-children-s-attachments-uva-study-shows>
- (7) <https://web.archive.org/web/20170326173603/http://www.lli.org/law/lawus.html>

The Pregnant Scholar <https://thepregnantscholar.org/>

Pregnant at Work: includes guidelines for physicians to support their patients rights
<https://www.pregnantatwork.org/healthcare-professionals/breastfeeding/>

Talking to your Boss About Your Pump:
<https://breastfeedingnm.org/wp-content/uploads/2018/03/Talking-To-Your-Boss-About-Your-Pump.pdf>

LGBTQIA <http://www.lesbianmommies.com/lesbian-mommies-start-here/>

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/lgbt-health>

<https://www.goodreads.com/book/show/29851357-where-s-the-mother-stories-from-a-transgender-dad>

<https://www.vitalvillage.org/projects/breastfeeding-coalition>

OutCare <https://www.outcarehealth.org/>

Locations to breastfeed or pump in Philadelphia and beyond

<https://momaboard.com/traveltip/airport-nursing-rooms-united-states/>

Philadelphia Airport:
<https://www.phl.org/Pages/Passengerinfo/Mothers-Nursing-Station.aspx>

The Breastfeeding Room Locator: <https://www.momspumphere.com/>

<https://billypenn.com/2018/03/25/43-changing-rooms-and-nursing-friendly-spaces-around-philly-mapped/>

<http://phillyfamily.com/breastfeeding-friendly-philly/>

Medical Organizations

Academy of Breastfeeding Medicine www.bfmed.org

American Academy of Family Practice

https://s.aafp.org/?q=breastfeeding&first_search=0&search=Entire+Site

American College of Obstetrics and Gynecology www.acog.org

<https://www.acog.org/Search?Keyword=breastfeeding>

American Academy of Pediatrics (AAP) www.aap.org/breastfeeding

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Breastfeeding-Educational-Resources.aspx>

Medical Staff Training (see also On-line Education section)

American Academy of Pediatrics

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Curriculum-Tools.aspx><https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Breastfeeding-Educational-Resources.aspx>

Community Health Training Institute

<https://www.hriainstitute.org/breastfeedingcme/>

First Latch <http://www.firstlatch.net/>

Maryland Department of Health (free)

https://phpa.health.maryland.gov/mch/Pages/Hospital_Breastfeeding_Physician_Training.aspx

Open Pediatrics

<https://www.openpediatrics.org/>

Register with OPEN Pediatrics and then can search "bella" or "breastfeeding" to find the course.

School of Public Health, University at Albany, State University of New York

https://www.albany.edu/sph/cphce/preventionagenda_breastfeeding.shtml

Wellstart <http://wellstart.org>

National Organizations

Baby-Friendly Hospital Initiative, USA www.babyfriendlyusa.org

California Department of Public Health

www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/BirthandBeyondCaliforniaDescription.aspx
[Hospital Breastfeeding Quality Improvement & Staff Training Project/](http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/BirthandBeyondCaliforniaDescription.aspx)

Centers for Disease Control www.cdc.gov/breastfeeding

CDC's Nutrition, Physical Activity, and Obesity: Data, Trends and Maps (can be filtered to review state-specific breastfeeding data) <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/index.html>

CDC's Breastfeeding Report Cards (includes national and state-level data)

www.cdc.gov/breastfeeding/data/reportcard.htm

CDC's Maternity Practices in Infant Nutrition and Care (mPINC) Survey (measures breastfeeding-related maternity care practices at all intrapartum care facilities in the United States, including variation by states) www.cdc.gov/BREASTFEEDING/data/mpinc/index.htm

CDC's Breastfeeding: Strategies and Resources

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/breastfeeding.html>

Department of Health and Human Services www.womenshealth.gov/breastfeeding

Healthy People 2020 www.healthypeople.gov/HP2020

March of Dimes (for statistics and information about preterm babies)

<http://www.marchofdimes.com>

United States Breastfeeding Committee www.usbreastfeeding.org

United States Lactation Consultant Association www.uslca.org

WIC/Food & Nutrition Services

<http://www.wicworks.fns.usda.gov/nutrition-education/participant-resources/breastfeeding-moms>

https://wicworks.fns.usda.gov/wicworks//Sharing_Center/gallery/FitWICBaby.htm

<https://wicworks.fns.usda.gov/>

Online Education sites that award CEUs, CERPs and CMEs

Require creating an account and log-in

\$ indicates fees for programs

iLactation \$ (awards CMEs)

On-line conferences and archives

<https://ilactation.com/>

GOLD \$ (awards CMEs)

On-line conferences and archives

<https://www.goldlearning.com/>

Health e-Learning \$

<https://www.health-e-learning.com/>

PA Chapter American Academy of Pediatrics FREE (awards CMEs)

2 Courses:

15-hours of training for the Keystone 10 initiative

EPIC BEST (Breastfeeding Education and Support)

<https://cme.hs.pitt.edu/ISER/app/home/displayMainPage?site=paaap>

Praeclarus Press Webinars \$

<http://stores.praeclaruspress.com/webinars/>

United States Breastfeeding Coalition webinars FREE

<http://www.usbreastfeeding.org/coalitions-webinars>

Philadelphia/Pennsylvania Organizations

Maternity Care Coalition www.maternitycarecoalition.org

Philadelphia Department of Public Health

<http://www.phila.gov/health/MCFH/BreastfeedingPromotion.html>

Pennsylvania Breastfeeding Coalition www.pabreastfeeding.org

Pennsylvania Department of Health Breastfeeding Program

<https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx>

Keystone 10 Initiative:

<https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Keystone-10-Initiative.aspx>

Pennsylvania Resource Organization of Lactation Consultants www.prolc.org

Where to find an IBCLC; information about minority scholarship

Podcasts about breastfeeding

Academy of Breastfeeding Medicine:

<https://itunes.apple.com/us/podcast/breastfeeding-medicine-podcast/id417009927?mt=2>

All Things Breastfeeding: <https://bfcaa.com/atb-001-welcome-to-the-all-things-breastfeeding-podcast/>

Breastfeeding Outside the Box <http://breastfeedingoutsidethebox.libsyn.com/>

Institute for the Advancement of Breastfeeding and Lactation Education
https://lacted.org/podcasts/?fbclid=IwAR3vUoX_0h1FucPy9rpWHKs01vzq98rEyYb7ZcLytZQFHAFIpkCA45ce0k

La Leche League International <http://www.llli.org/podcasts.html>

Kathleen Kendall-Tackett <http://www.kathleenkendall-tackett.com/podcasts-podcasts.html>

New Mommy Media <http://www.newmommymedia.com/the-boob-group/>

<https://mariebiancuzzo.com/podcasts/>

Postpartum Depression/Mood Adjustment Disorder

CAP4Kids

<http://cap4kids.org/philadelphia/parent-handouts/pregnancy-resources-and-infants/post-partum-resources/>

CDC's Depression Among Women of Reproductive Age

www.cdc.gov/reproductivehealth/Depression/

Dr. Katherine-Kendall Tackett www.UppityScienceChick.com

Jabina Coleman MSW, IBCLC <https://lifehouseorg.weebly.com/>

Penn Center for Behavioral Wellness www.med.upenn.edu/womenswellness/

Postpartum Support International www.postpartum.net/locations/pennsylvania/
<http://www.postpartum.net/>

Kelli Wicklund MA, NCP, LCP www.maternalwellness.org

Premature Infants

Molly Modica, LMFT

www.b4village.org

Breastfeeding premature infants

<https://www.pinterest.com/mom2momglobal/breastfeeding-preemies/>
<http://health.ucsd.edu/specialties/obgyn/maternity/newborn/nicu/spin/Pages/default.aspx>

Nutritional Support of the Very Low Birth Weight Infant

<https://www.cpqcc.org/resources/nutritional-support-vlbw-infant>

Pumping

Keeping Breast Pump Kit Clean

<https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html>

Mothers who are exclusively pumping <http://exclusivepumping.com/>

Tips and Tricks <https://biglatchon.org/a-tips-and-tricks-guide-to-exclusively-pumping-by-sylvia-noyes/>

Research Publications and Sites

AHRQ Meta-analysis" Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries <http://archive.ahrq.gov/clinic/tp/brfouttp.htm> (2007)

(2018)_ <https://effectivehealthcare.ahrq.gov/topics/breastfeeding/research>

Childbirth Connection (formerly Maternity Center Association)

Free downloads, including the Milbank Report and the Listening to Mothers survey
www.childbirthconnection.org

The Cochrane Collaboration <http://www.cochrane.org/search/site/breastfeeding>

PubMed (National Library of Medicine) www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed

Skin to skin Care (Huge current bibliography)
<http://www.kangarooocareusa.org/uploads/KCBIB2018.pdf>

Sleep

AAP Guidelines <http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>

ABM Protocol [https://www.bfmed.org/assets/Protocol Number 6 2019 Revision.pdf](https://www.bfmed.org/assets/Protocol%20Number%206%202019%20Revision.pdf)

Infant Sleep Information Source <https://www.basisonline.org.uk/>

Safe to Sleep <https://www.nichd.nih.gov/sts/Pages/default.aspx>

Safe Sleep 7 <http://www.lli.org/sweetsleepbook/infographic>

Streaming Videos for Teaching

Please review YouTube video topics, as there can be contamination from the porn industry. ☹

Breast Massage <https://vimeo.com/65196007>

Global Health Media Project

A wealth of videos about childbirth, breastfeeding, care of small babies, baby wraps, jaundice, assessment, hand expression and more. In many languages (English, Spanish, Swahili and more.)
<https://www.youtube.com/user/globalhealthmediaorg>

Gentle Cesarean Section <http://www.youtube.com/watch?v=m5ivEYQQ380>

Hand Expression of Human Milk

<http://www.unicef.org.uk/BabyFriendly/Resources/AudioVideo/Hand-expression>

<http://ammehjelpen.no/handmelking?id=907>

<https://www.youtube.com/watch?v=1eAICXUXw14> (English and Spanish)

<https://vimeo.com/65196007>

<https://www.youtube.com/watch?v=btCMw5WYas>

Hand expression after perinatal loss:

http://bfmedneo.com/resources/perinatal-loss-support/?fbclid=IwAR1Djrc-ahGhWAup5I_0_4WOwPykh11rZuXxozcBA2208XOxqqwnEHIXFNU

Human Milk for Tiny Humans <https://vimeo.com/190696865?ref=fb-share>

Important Findings Published About Common Labor Medications and Breastfeeding Success

<https://www.youtube.com/watch?v=gX44xcS995k>

International Breastfeeding Centre (from Dr. Jack Newman)

<https://ibconline.ca/breastfeeding-videos-english/>

16 Clips illustrate: reverse pressure softening, vasospasm, use of lactation aides, breast compression, tongue-tie release, and latching.

Increasing Milk Supply by Hands-On Pumping: (pumping for a premature infant and for return to work) <https://www.youtube.com/watch?v=btCMw5WYas>

Initiation of Breastfeeding and Skin to Skin <http://breastcrawl.org>

Narrated in: English, Italian, Marathi, Spanish

Video Script in: French, Hindi, Italian, Marathi, Spanish

Sub-titles in Bengali, English, Gujarati, Hindi, Kannada, Malayalam Marathi, Oriya, Punjabi, Tamil, Telugu, Urdu

Global Health Media Project

<http://globalhealthmedia.org/portfolio-items/early-initiation-of-breastfeeding/>

Skin to Skin: <http://skin2skin.org/>

Laid-back breastfeeding <http://www.biologicalnurturing.com/video/bn3clip.html>

Latch Trick <http://www.drmomma.org/2010/08/breastfeeding-latch-trick.html>

Paced Bottle-Feeding

<http://www.youtube.com/watch?v=UH4T700SzsGs&feature=youtu.be>

www.youtube.com/watch?v=gJlx_vJv06o

Beckman side-lying <https://www.youtube.com/watch?v=5e1KBtjYYns>

Milk Mob <https://www.youtube.com/watch?v=OGPm5SpLxXY>

Pain Management During Newborn Screening:

<https://www.youtube.com/watch?v=L43y0H6XEH4> (breastfeeding and skin to skin)

Prenatal Education <http://www.naturalbreastfeeding.com>

Reverse Pressure Softening http://www.youtube.com/watch?v=2_RD9HNR0J8

Therapeutic Breast Massage <https://vimeo.com/65196007>

TED Talks about breastfeeding

Dr. Jenn Anderson: <https://www.youtube.com/watch?v=GOCOWrGNB0>
Breastfeeding is Everyone's Business

Katie Hinde PhD: https://www.ted.com/talks/katie_hinde_what_we_dont_know_about_mother_s_milk
What we don't know about mother's milk.

Sascha Meyer (co-founder of Mamava) : <https://www.youtube.com/watch?v=4q-ov94ZWOo>
Why breastfeeding has become a privilege not a right

Dr. E.Bimla Schwarz <https://www.youtube.com/watch?v=o2XjA4wA4TI>
How Mothers Can Nurse Themselves Healthy

Jessica Shortall, author
https://www.ted.com/talks/jessica_shortall_the_us_needs_paid_family_leave_for_the_sake_of_its_future
The US needs paid family leave - - for the sake of its future

Villa Tosio RN, RM <https://www.youtube.com/watch?v=I-Rlpmdp3Iw>
Breastfeeding and the Modern Woman

Todd Wolynn MD: <https://www.youtube.com/watch?v=qgB44IYKRvs>
Striking/Unboxed

Transportation for those who need assistance to get to medical appointments

<http://www.logisticare.com/>

Webinars

The world of webinars is exploding. Here are listed a few of the many organizations that offer certificates of attendance or professional contact hours. See also the **On-Line Education Section**

Appalachian Breastfeeding Network <https://www.appalachianbreastfeedingnetwork.org/>
Webinars free to members.

ILCA <https://lactationmatters.org/2012/12/20/ilca-now-offers-free-webinars/>

La Leche League International <https://www.llli.org/resources/webinars/>

NACCHO <https://www.naccho.org/programs/community-health/maternal-child-adolescent-health/breastfeeding-support>

United States Breastfeeding Coalition webinars FREE
<http://www.usbreastfeeding.org/coalitions-webinars>

United States Lactation Consultant Association
<https://uslca.org/education-resources/live-webinars#!event-list>

Workplace Breastfeeding Information

Babies at Work <http://www.babiesatwork.org>

ACA Breast Pumps and Insurance Information:
www.hhs.gov/healthcare/facts-and-features/fact-sheets/breast-pumps-and-insurance-coverage-what-you-need-to-know/index.html

Discrimination Against Breastfeeding Workers: <https://www.pregnantatwork.org/breastfeeding-report-fullpage/>

Federal Policies, Programs, Initiatives:
<http://www.usbreastfeeding.org/p/cm/ld/fid=26>

How to Keep Your Breast Pump Kit Clean
<https://www.cdc.gov/healthywater/pdf/hygiene/breast-pump-fact-sheet.pdf>

Internet home for information about breastfeeding for working moms.
www.workandpump.com

In Philadelphia: Human Relations Commission
<http://www.phila.gov/humanrelations/Pages/default.aspx>

Information for employers about FMLA <https://www.dol.gov/whd/fmla/employerguide.htm>

Nursing Rooms Locator – Enter Zip Code to Search <https://www.momspumphere.com/>

Office of Women’s Health information and resources
<https://www.womenshealth.gov/supporting-nursing-moms-work/break-time-and-private-space/location-breaks>

Chapter 16 - Sources of Donor Human Milk for Preterm and Sick Infants

Human Milk Bank Association of North America www.hmbana.org

(This professional association sets standards and guidelines for donor milk banks.)

2 Pennsylvania Milk Banks:

1) CHOP Mothers' Milk Bank Only for babies at CHOP.

2) Mid-Atlantic Mother's Milk Bank

3127 Penn Ave., Pittsburgh, PA 15201

(412) 281-4400

<https://midatlanticmilkbank.org/>

Offer 6 kinds of milk: colostrum, low dairy, defatted, cream, term, and preterm. Bridge milk program

Reimbursement for donor human milk:

"Insurance may pay for outpatient donor milk when there is a documented medical need. Coverage for donor milk is evolving in our region, and we are seeing more cases being covered. In August of 2017, the Pennsylvania Department of Human Services added Medicaid coverage for medically indicated donor milk. Donor milk may also be purchased using employee Health Flexible Spending Accounts. Parents need to contact their employer for more information."

<https://midatlanticmilkbank.org/order/>

PROLACTA Bioscience <http://www.prolacta.com>

A source of human milk products (human milk fortifier, milks of different caloric content, and trophic feeds) for babies in the NICU:

To Donate Milk:

- (1) Contact <http://www.mothersmilk.coop/>
- (2) Mothers' Milk Bank Northeast has Breast Milk Depots at
 - a. 3331 Street Road, Bensalem, PA. Contact: Kristen Quinn (267) 972-8008 or kquinn@acelleron.com
 - b. 11 Owen Avenue, Landsdown, PA (610) 553-5479 PettawayPursuitFoundation.org
Breastfeeding Resource Center locations in Abington and Wayne are collecting depots for the Mid-Atlantic Mother's Milk Bank

Informal Milk Sharing Sites (also have Facebook pages)

Eats on Feets: <https://www.eatsonfeetsresources.org/>

Human Milk for Human Babies: <https://www.facebook.com/hm4hb/>

Published materials about community or informal breastmilk sharing:

- 1) American Academy of Nursing on Policy
[www.nursingoutlook.org/article/S0029-6554\(15\)00336-X/pdf](http://www.nursingoutlook.org/article/S0029-6554(15)00336-X/pdf)
- 2) Karleen D. Gribble (2013): Perception and management of risk in Internet-based peer-to-peer milk-sharing, Early Child Development and Care, DOI:10.1080/03004430.2013.772994
- 3) FDA
<http://www.fda.gov/ScienceResearch/SpecialTopics/PediatricTherapeuticsResearch/ucm235203.htm>
- 4) Spatz, DL (2016): Informal Milk Sharing. MCN Am J Matern Child Nurs. 41(2):125
- 5) Academy of Breastfeeding Medicine's 2017 Position Statement on Informal Breast Milk Sharing for the Term Healthy Infant.
[https://abm.memberclicks.net/assets/DOCUMENTS/ABM's 2017 Position Statement on Informal Breast Milk Sharing for the Term Healthy Infant.pdf](https://abm.memberclicks.net/assets/DOCUMENTS/ABM's%202017%20Position%20Statement%20on%20Informal%20Breast%20Milk%20Sharing%20for%20the%20Term%20Healthy%20Infant.pdf)
- 6) Sriraman Natasha K., Evans Amy E., Lawrence Robert, Noble Lawrence, and the Academy of Breastfeeding Medicine's Board of Directors. Breastfeeding Medicine. Volume 13 (1), 201

Chapter 17 - Drugs in Lactation

Drug Information in Spanish <http://www.e-lactancia.org/>

LactMed (FREE on-line drug database)
<http://toxnet.nlm.nih.gov/cgi-bin/sishtmlgen?LACT>
Free App available for iPhones and Androids
For healthcare professionals.

The Lactation Center at the University of Rochester Medical Center
(585) 275-0088

For healthcare professionals.

Medications & Mothers' Milk: A Manual of Lactational Pharmacology
By Thomas W. Hale, PhD

Fabulous reference book, updated every two years
For healthcare professionals.
Has an app for sale.

Infant Risk Center

Dr. Thomas Hale's website for answering questions about medications for pregnant and nursing mothers
<http://www.ttuhscc.edu/infantrisk>
<http://infantrisk.org>

(806) 352-2519 Monday-Friday 8am-5pm Central time.
For healthcare professionals and parents

Mommymeds.com

Information for parents about medications, procedures, and surgery and breastfeeding.
<http://mommymeds.com/>
Has an app.

Mothertobaby.org

Medications & More During Pregnancy and Breastfeeding

Use of Contrast Media in Lactation

<http://www.radiology.ucsf.edu/patient-care/patient-safety/ct-mri-pregnancy/lactation>

"Lactating women who receive iodinated contrast or gadolinium can continue breast feeding without interruption."

American College of Radiology 2016 Manual
<https://www.acr.org/Quality-Safety/Resources/Contrast-Manual> (pp. 101- 102 specific to breastfeeding)

"Because of the very small percentage of iodinated contrast medium that is excreted into the breast milk and absorbed by the infant's gut, we believe that the available data suggest that it is safe for the mother and infant to continue breast-feeding after receiving such an agent."

"Because of the very small percentage of gadolinium-based contrast medium that is excreted into the breast milk and absorbed by the infant's gut, we believe that the available data suggest that it is safe for the mother and infant to continue breast-feeding after receiving such an agent."

Reporting a medication's negative impact on milk supply, infant health or breastfeeding:

(Parents and professionals can file a report.)

<https://www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home>